

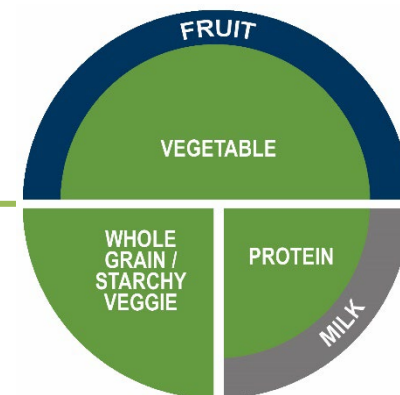


OCTOBER 2025

Breakfast:
M-F: 7:00am - 10:00am
Lunch: M-F: 11:30am - 2:00pm
Sat & Sun: 11:30am - 1:30pm
Supper:
Everyday: 5:00pm - 6:30pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HEALTHY MEAL CHOICES * = Healthy Meal Choice See back for more info.		Daily Breakfast Features Mon = French Toast Tues = Egg Bake / Bkfst Pizza Wed = Quiche Thurs = Bakery Item Fri = Pancakes	1 *Baked Fish Build-A-Burger (Beef or Black Bean) Garden Rice Monte Carlo Vegetables	2 *BBQ Meatballs Chicken Fried Rice Mashed Potatoes Egg Roll Chateau Blend Veggies Stewed Tomatoes	3 *Roast Pork w/ Gravy Chipotle Lime Tilapia Mashed Potatoes Green Beans California Blend Vegetables	4 Weekend Menu Hot Sandwiches Pizza Soup / Salad / Sandwich Bar
5	6 *Chicken Cordon Bleu Hot Beef Sandwich Mashed Potatoes Mixed Vegetables Broccoli	7 *Honey Garlic Chicken Breast Spaghetti with Meat Sauce Garlic Toast Garden Blend Rice Green Beans Corn	8 *Cheese Lasagna Rollup Grilled Turkey, Bacon & Cheese on Flatbread Winter Blend Vegetables	9 *Beef Tips with Peppers Chick Kiev Rice Pilaf Crinkle Cut Carrots Stewed Tomatoes	10 *BBQ Pulled Pork Sandwich Potato Crusted Fish Parsley Buttered Potatoes Green Peas Island Blend Veggies	11
12	13 *Apple Glazed Pork Loin Mac & Cheese Mashed Potato Green Beans Winter Blend Veggies	14 *Garlic Parmesan Chicken Soup Bar – Assorted Soups and Chili Scalloped Potatoes Broccoli / Corn	15 *Baked Fish Nachos Supreme Garden Wild Rice California Blend Veggies	16 *Cilantro Lime Chicken Cheesy Italian Fries Parsley Buttered Noodles Island Blend Veggies Green Peas	17 *Teriyaki Beef & Broccoli Grilled Salmon Brown Rice Cauliflower Asparagus	18
19	20 *Chicken Parmesan Philly Steak Sandwich Pasta Carrots Broccoli	21 *Roast Pork Loin Southwest Crispy Chicken Wrap Mashed Potatoes Pea & Carrot Blend	22 *Black Bean Burger with Savory Salsa Chicken Alfredo Fettuccini Pasta Garlic Toast Peas / California Blend	23 *Grilled Cheese on Wheat Taco – Beef or Chicken Winter Blend Veggies Stewed Tomatoes	24 *Meatballs with Tomato & Green Pepper Sauce Parmesan Panko Cod Brown Rice Corn / Green Beans	25
26	27 *Beef Tips over Noodles Cranberry Pork Loin Sweet Potatoes Parslied Butter Noodles Peas & Carrots Corn	28 *Baked Herb Seasoned Chicken Bratwurst on Bun with Sauerkraut Roasted Red Potatoes Green Beans / Squash	29 *Roast Beef Stuffed Baked Potato Bar Mashed Potatoes & Gravy Broccoli Carrots	30 *Cowboy Beans 'n Beef Hot Dog on Bun Chicken Pot Pie over Mashed Potatoes or Biscuit Monte Carlo Blend Veggies	31 HALLOWEEN CREEPY CHICKEN FINGERS CURLY CRAWLY PASTA BAKE WACKY WEDGES SPOOKY VEGETABLES	

HEALTHY MEAL CHOICES



Great tasting and good for you, too.

We offer a healthier meal which includes an entrée, vegetable, fresh fruit and a milk. \$5.50 per meal (ten punches = free meal).

These healthier choice meals:

- Utilize the “Plate” method - 50% of plate is vegetables/fruits
- Have new flavors from culinary herbs, spices and light sauces
- Have locally-sourced seasonal choices as available
- Include Mediterranean-style items with beans/legumes and whole grains
- Offer individual (a la carte) choices.
- Are developed and approved by BRH Registered Dietitian Nutritionist

Nutrition Information:

These meals provide about 1/3 of the average adult daily calorie goal of 1800. Most meals range from 400-594 Calories with 50-65g Carbs.

Menu Example:

Chicken Cordon Bleu, Mashed Potatoes, Broccoli, Orange & Milk.



Select – Choose firm apples with smooth and shiny skin.

Store – Refrigerate in a plastic bag for up to 3 weeks.

Prepare – Eat whole or sliced. Leave on the skin for extra nutrients!



Apples are the Harvest of the Month!

Add apples to your favorite family meals:

- Mix apple chunks into your hot cereal.
- Pair apple slices with cheese.
- Add thin apple slices to chicken salad or peanut butter sandwich.

Make meals and memories together. It's a lesson kids will use for life.

Did you know?

There are over 7,500 varieties of apples grown across the world. Some Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

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