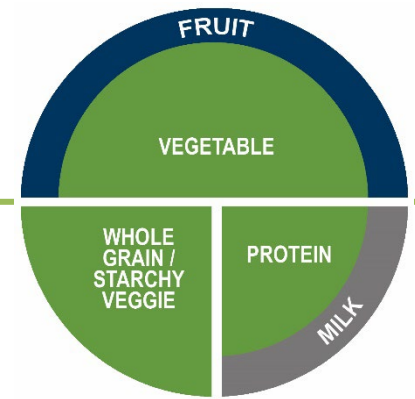




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 *Beef Tips over Noodles Baked Ham Parslied Butter Noodles Peas & Carrots Corn	3 *Baked Herb Seasoned Chicken Bratwurst on Bun with Sauerkraut Roasted Red Bud Potatoes Green Beans Squash	4 *Roast Beef Stuffed Baked Potato Bar Mashed Potatoes & Gravy Broccoli Carrots	5 *Cowboy Beans n' Beef Hot Dog on Bun Chicken Pot Pie over Mashed Potatoes or Biscuit Monte Carlo Blend Veggies	6 *Baked Fish Cheese Stuffed Pasta Shell Wild Rice Blend Stewed Tomatoes Winter Blend Veggies	7
8	9 *BBQ Beef Brisket Chicken Fajitas Red Bud Smashed Potatoes California Blend Veggies Corn	10 *Meatballs & Gravy Cajun Chicken Mashed Potatoes Broccoli Capri Blend Vegetables	11 *Baked Fish Chicken Carbonara Fettuccini Rice Pilaf Peas Chateau Blend Veggies	12 *Meatloaf General TSO Chicken Brown Rice Egg Roll Stir-Fry Vegetables Stewed Tomatoes	13 *Baked Haddock Street Tacos (Beef or Chicken) Crinkle Cut Carrots Green Beans	14
15	16 *Beef Stew Grilled Chicken Breast Sandwich Roasted Red Potatoes Peas Broccoli	17 ST. PATRICK'S DAY *Roast Turkey Reuben Sandwiches Mashed Potatoes Green Beans Carrots 	18 *Baked Fish Build-A-Burger (Beef or Blank Bean) Garden Rice Monte Carlo Blend Veggies	19 *BBQ Meatballs Chicken Fried Rice Mashed Potatoes Egg Roll Chateau Blend Veggies Stewed Tomatoes 	20 1ST DAY OF SPRING *Roast Pork/Gravy Chipotle Lime Tilapia Mashed Potatoes Green Beans California Blend Veggies	21
22	23 *Chicken Cordon Bleu Hot Beef Sandwich Mashed Potatoes Mixed Vegetables Broccoli	24 *Honey Garlic Chicken Breast Spaghetti with Meat Sauce Garlic Toast Garden Blend Rice Green Beans Corn	25 *Cheese Lasagna Rollup Grilled Turkey, Bacon, & Cheese on Flatbread Winter Blend Veggies	26 *Beef Tips with Peppers Chick Kiev Rice Pilaf Crinkle Cut Carrots Stewed Tomatoes	27 *BBQ Pulled Pork Sandwich Potato Crusted Fish Parsley Buttered Potatoes Green Peas Island Blend Vegetables	28
29	30 *Apple Glazed Pork Loin Mac & Cheese Mashed Potato Green Beans Winter Blend Veggies	31 *Beef Lasagna PICK TWO-SDAY Sandwich / Soup / Salad Broccoli Corn	HEALTHY MEAL CHOICES  * = Healthy Meal Choice See back for more info.		Weekend Menu Hot Sandwiches Pizza Soup Salad / Sandwich Bar	Daily Breakfast Features Mon = French Toast Tues = Egg Bake / Bkfst Pizza Wed = Quiche Thurs = Bakery Item Fri = Pancakes

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 lettuce with fresh, crisp leaves.
- Store** – Keep lettuce in a plastic bag with small holes. Store in refrigerator for up to 1 week.
- Prepare** – Rinse carefully under cool running water and allow it to dry well.

Lettuce is The Harvest of the Month!

Add lettuce to your favorite family meals:

- Serve tuna, chicken, or egg salad on a bed of lettuce.
- Use lettuce instead of a bun for a burger or sandwich.
- Ran out of tortillas? Use a large leaf as a taco shell for leftover fillings.

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

Did you know?

The four main types of lettuce include butterhead (Boston, bibb), crisphead (iceberg), looseleaf (red leaf, green leaf) and romaine. Lettuce leaves that are darker in color contain more vitamins and minerals than the paler color varieties.



Nutritious, Delicious, Wisconsin!
#WILetHarvestoftheMonth



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