

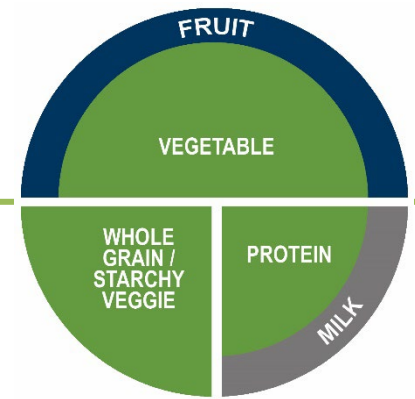




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Weekend Menu Hot Sandwiches Pizza Soup Salad / Sandwich Bar</p>		<p>Daily Breakfast Features Mon = French Toast Tues = Egg Bake / Bkfst Pizza Wed = Quiche Thurs = Bakery Item Fri = Pancakes</p>	<p>1 April Fool's Day *Baked Fish Nachos Supreme Garden Wild Rice California Blend Veggies Roasted Brussel Sprouts</p>	<p>2 *Cilantro Lime Chicken Cheesy Italian Fries Parsley Buttered Noodles Island Blend Vegetables Green Peas</p>	<p>3 *Teriyaki Beef & Broccoli Grilled Salmon Brown Rice Cauliflower Asparagus</p>	4
<p>5 Easter Sunday </p>	<p>6 *Chicken Parmesan Philly Steak Sandwich Pasta Carrots Broccoli</p>	<p>7 *Roast Pork Loin Chicken Bacon Ranch Wrap Mashed Potatoes Pea & Carrot Blend Baked Sweet Potato</p>	<p>8 *Black Bean Burger with Savory Salsa Chicken Alfredo Fettuccini Pasta Garlic Toast Peas / California Blend</p>	<p>9 *Grilled Cheese on Wheat Taco – Beef/Chicken Chateau Blend Veggies Stewed Tomatoes</p>	<p>10 *Meatballs with Tomato & Green Pepper Sauce Parmesan Panko Cod Brown Rice Corn Green Beans</p>	11
12	<p>13 *Beef Tips over Noodles Baked Ham Parslied Butter Noodles Peas & Carrots Corn</p>	<p>14 *Baked Herb Seasoned Chicken Bratwurst on Bun with Sauerkraut Roasted Red Potatoes Green Beans / Squash</p>	<p>15 *Roast Beef Stuffed Baked Potato Bar Mashed Potatoes & Gravy Broccoli Carrots</p>	<p>16 *Cowboys Beans N Beef Hot Dog on Bun Chicken Pot Pie over Mashed Potatoes or Biscuit Monte Carlo Blend Veggies</p>	<p>17 *Baked Fish Cheese Stuffed Pasta Shell Garlic Bread Wild Rice Blend Stewed Tomatoes Winter Blend Vegetables</p>	18
19	<p>20 *BBQ Beef Brisket Chicken Fajitas Red Bud Smashed Potatoes California Blend Veggies Corn</p>	<p>21 *Meatballs & Gravy Cajun Chicken Mashed Potatoes Broccoli Capri Blend Vegetables</p>	<p>22 Earth Day *Baked Fish Chicken Carbonara Fettuccini Rice Pilaf Peas Chateau Blend Veggies</p>	<p>23 *Meatloaf General TSO Chicken Brown Rice Egg Roll Stir-Fry Vegetables Stewed Tomatoes</p> <p></p>	<p>24 *Chicken Lasagna Street Tacos (Beef or Chicken) Crinkle Cut Carrots Green Beans</p>	25
26	<p>27 *Baked Ham Grilled Chicken Breast Sandwich Roasted Red Potatoes Peas Broccoli</p>	<p>28 *Roast Turkey Burrito Bowl Mashed Potatoes Green Beans Carrots</p>	<p>29 *Baked Fish Build-A-Burger (Beef or Black Bean) Garden Rice Monte Carlo Blend Vegetables</p>	<p>30 *BBQ Meatballs Chicken Fried Rice Mashed Potatoes Egg Roll Chateau Blend Vegetables Stewed Tomatoes</p>	<p>HEALTHY MEAL CHOICES * = Healthy Meal Choice See back for more info.</p> <p></p>	

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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