
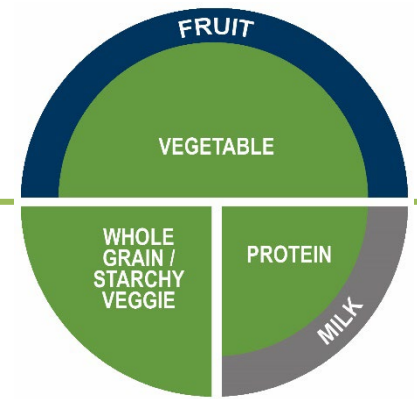




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>HEALTHY MEAL CHOICES</p> <p>* = Healthy Meal Choice See back for more info.</p>		<p>Weekend Menu Hot Sandwiches Pizza Soup Salad / Sandwich Bar</p>	<p>Daily Breakfast Features Mon = French Toast Tues = Egg Bake / Bkfst Pizza Wed = Quiche Thurs = Bakery Item Fri = Pancakes</p>	<p>1 *Roast Pork / Gravy Chipotle Lime Tilapia Mashed Potatoes Green Beans California Blend Veggies</p>	<p>2</p>	
<p>3</p>	<p>4 *Chicken Cordon Bleu Hot Beef Sandwich Mashed Potatoes Mixed Vegetables Broccoli</p>	<p>5 CINCO DE MAYO Walking Taco Spanish Rice Spaghetti with Meat Sauce Garlic Toast Green Beans Corn</p>	<p>6 *Cheese Lasagna Rollup Grilled Turkey, Bacon & Cheese on Flatbread Winter Blend Vegetables Peas & Carrots</p>	<p>7 *Beef Tips with Peppers Chick Kiev Rice Pilaf Crinkle Cut Carrots Roasted Brussel Sprouts</p>	<p>8 *BBQ Pulled Pork Sandwich Potato Crusted Fish Parsley Buttered Potatoes Green Peas Island Blend Veggies</p>	<p>9</p>
HEALTHCARE WEEK						
<p>10 MOTHER'S DAY</p>	<p>11 *Apple Glazed Pork Loin Mac & Cheese Mashed Potato Green Beans Winter Blend Veggies</p>	<p>12 *Herb Baked Chicken Pasta Bar California Blend Peas</p>	<p>13 *Baked Fish Nachos Supreme Garden Wild Rice Broccoli Corn</p>	<p>14 BRH All Employee Meal: Wood Fired Pizza Salad Bar / Soup Cake Fountain Drink</p>	<p>15 *Teriyaki Beef & Broccoli Grilled Salmon Brown Rice Cauliflower Asparagus</p>	<p>16</p>
<p>17</p>	<p>18 *Chicken Parmesan Philly Steak Sandwich Pasta Carrots Broccoli</p>	<p>19 *Roast Pork Loin Chicken Bacon Ranch Wrap Mashed Potatoes Pea & Carrot Blend Roasted Brussel Sprouts</p>	<p>20 *Black Bean Burger with Savory Salsa Chicken Alfredo Fettuccini Pasta Garlic Toast Peas / California Blend</p>	<p>21 *Grilled Cheese on Wheat Stir-Fry Bowl Egg Roll Stir-Fry Vegetables Stewed Tomatoes</p> <p></p>	<p>22 *Meatballs with Tomato & Green Pepper Sauce Parmesan Panko Cod Brown Rice Corn Green Beans</p>	<p>23</p>
<p>24</p>	<p>25 MEMORIAL DAY Burgers Grilled Chicken Sandwiches French Fries Baked Beans Chef Choice Vegetable</p>	<p>26 *Baked Herb Seasoned Chicken Bratwurst on Bun with Sauerkraut Roasted Red Potatoes Green Beans Squash</p>	<p>27 *Roast Beef Stuffed Baked Potato Bar Mashed Potatoes & Gravy Broccoli Carrots</p>	<p>28 *Cowboy Beans with Beef Hot Dog on Bun Chicken Pot Pie over Mashed Potatoes or Biscuit Monte Carlo Blend Vegetables</p>	<p>29 * Baked Fish Cheese Stuffed Pasta Shell Garlic Toast Wild Rice Blend Stewed Tomatoes Winter Blend Vegetables</p>	<p>30</p>
<p>31</p>		<p>31</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 asparagus stalks with dry, tight tips. Avoid limp or wilted stalks.

Store – Wrap the ends of stalks in a wet paper towel and place in a plastic bag. Refrigerate for up to 4 days.

Prepare – Snap off the woody ends, about 1-2 inches. Enjoy raw, steamed, boiled, grilled, or roasted!

Asparagus is the Harvest of the Month!

Add asparagus to your favorite family meals:

- Add bite-size pieces of asparagus to creamy soups.
- Dip asparagus spears in a healthy dip or dressing.
- Use leftover cooked asparagus in your scrambled eggs.
- Add asparagus to roasted potatoes, rice side dishes, or pasta salad.

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

Did you know?

Asparagus can be found in three colors: green, white, and purple. White asparagus is grown under the soil, so it is never exposed to sunlight and never turns green.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



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