café ON ADAMS

NOVEMBER 2026

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
1	**2** *Chicken Parmesan Philly Cheese Steak Pasta Carrots Broccoli	**3** *Roast Pork Loin Crispy Chicken Wrap Mashed Potatoes Pea & Carrot Blend Baked Sweet Potato	**4** *Black Bean Burger with Savory Salsa Chicken Alfredo Fettuccine Pasta Garlic Toast Peas California Blend	**5** *Grilled Cheese on Wheat Stir-Fry Bowl Egg Roll Stir-Fry Vegetables Stewed Tomatoes	**6** *Meatballs with Tomato & Green Pepper Sause Parmesan Panko Cod Brown Rice Corn Green Beans	**7**
8	**9** *Beef Tips over Noodles Baked Ham Parslied Butter Noodles Peas & Carrots Corn	**10** *Baked Herb Seasoned Chicken Bratwurst on Bun with Sauerkraut Roasted Red Potatoes Green Beans Squash	**11 VETERANS DAY** *Roast Beef Stuffed Baked Potato Bar Mashed Potatoes & Gravy Broccoli Carrots	**12** *Cowboy Beans 'n' Beef Hot Dog on Bun Chicken Pot Pie over Mashed Potatoes or Biscuit Monte Carlo Blend Veggies Spinach	**13** *Baked Fish Cheese Stuffed Pasta Shell Wild Rice Blend Stewed Tomatoes Winter Blend Vegetables	**14**
15	**16** *BBQ Beef on Bun Chicken Fajitas Reb Bud Smashed Potatoes California Blended Vegetables Corn	**17** *Meatballs & Gravy Cajun Chicken Mashed Potatoes Broccoli Capri Blend Vegetables Multigrain Couscous	**18** *Baked Fish Chicken Carbonara Fettuccini Rice Pilaf Peas Chateau Blend Vegetables	**19 HOLIDAY TEA** Soup Bar: Assorted Soups & Beef Chili Corn Bread Turkey, Bacon, & Swiss Slider Monte Carlo Vegetables	**20** *Chicken Lasagna Street Tacos (Beef or Chicken) Crinkle Cut Carrots Green Beans	**21**
22	**23** *Salisbury Steak Grilled Chicken Breast Sandwich Roasted Red Potatoes Peas Broccoli	**24** *BBQ Meatballs Walking Tacos Scalloped Potatoes Green Beans Carrots BAKE SALE	**25** *Baked Fish Build-A-Burger (Beef or Blask Bean) Garden Rice Monte Carlo Blend Veggies Spinach BAKE SALE	**26 THANKSGIVING DAY** Roasted Turkey Baken Ham Mashed Potatoes & Gravy Stuffing Candied Yams Green Bean Casserole	**27** *Meatloaf Crispy Chicken Sandwich Potato Wedges California Blend Vegetables	**28**
29	**30** *Chick Cordon Bleu Hot Beef Sandwich Mashed Potatoes Mixed Vegetables Broccoli					

HEALTHY MEAL CHOICES

*** = Healthy Meal Choice**

See back for more info.

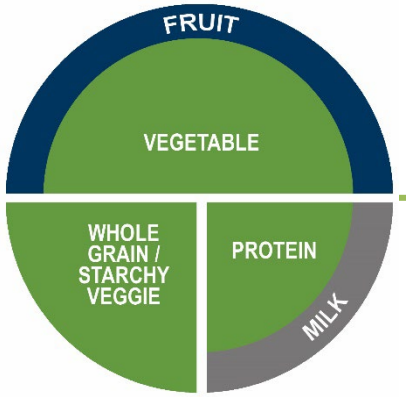
Daily Breakfast Features

Mon = French Toast
Tues = Egg Bake / Bkfst Pizza
Wed = Quiche
Thurs = Bakery Item
Fri = Pancakes

Weekend Menu

Hot Sandwiches
Pizza
Soup
Salad / Sandwich Bar

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.

Cranberries are The Harvest of the Month!

Add cranberries to your favorite family meals:

- Toss cranberries on oatmeal or cold cereal.
- Mix dried cranberries, raisins, cereal, and nuts for a healthy snack mix.
- Add cranberries to salads for a refreshing punch of tartness.

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

Select – Cranberries are available fresh, frozen, canned, dried, and as 100% juice. If selecting fresh, choose plump, firm berries with a deep red color.

Store – Refrigerate cranberries for up to 2 months or freeze for up to 9 months.

Prepare – Sort and discard bruised cranberries. Do not thaw frozen cranberries. Simply rinse the frozen berry and add to your favorite muffin or stuffing recipe.

Did you Know?

Cranberries are the state fruit of Wisconsin! 62% of the cranberries grown in the United States come from Wisconsin.

wisconsin harvest of the month

Nutritious, Delicious, Wisconsin!

#WIharvestoftheMonth

FOOD WISE
Healthy choices, healthy lives.
UW-MADISON EXTENSION

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program–SNAP and Expanded Food and Nutrition Education Program–EFNEP. The University of Wisconsin–Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law.

Find more information on healthy living at **www.JacksonInAction.org**