

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Chicken Alfredo	3 *Cabbage Roll Grilled Chicken Breast Sandwich Tater Tots Peas / Broccoli	4 *Roast Turkey Walking Taco Mashed Potatoes Green Beans Carrots	5 *Vegetable Lasagna Build-a-Burger (Beef or Black Bean) Beets Monte Carlo Veggies	6 *Chicken Fried Rice BBQ Meatballs Mashed Potatoes Chateau Blend Veggies Tomatoes	7 *Roast Pork w/ Gravy Chipotle Lime Tilapia Brown Rice Green Beans Cali. Blend Veggies	1 Chef's Choice 8 Chicken Strips
9 Taco Bar	10 *Chicken Cordon Bleu Hot Beef Sandwich Mashed Potatoes Mixed Veggies Broccoli	11 *Potato Crusted Fish Spaghetti w/ Meat Sauce Garlic Toast Garden Blend Rice Green Beans / Corn	12 <b>NEW!</b> *Stir Fry Grilled Turkey, Cheese, & Bacon Flatbread Spinach Emperors Blend Veggies	13 *Beef Tips & Peppers Chicken Kiev Rice Pilaf Carrots Tomatoes	14 *BBQ Pulled Pork Sandwich Crispy Cod Fillet French Fries Peas Green Beans	15 French Dip Sandwich
16 Crispy Chicken Sandwich	17 *Apple Glazed Pork Macaroni & Cheese Mashed Potatoes Green Beans Winter Blend Veggies	18 <b>PICK TWO-SDAY</b> *Honey Garlic Chicken W/ Mango Salsa Brown Rice Broccoli / Corn	19 *Baked Fish W/ Pineapple Salsa Nachos Supreme Garlic Red Mashed Potatoes Cali. Blend Veggies / Beets	20 *Cilantro Lime Chicken Breaded Shrimp Buttered Parsley Noodles Corn Peas	21 *Teriyaki Beef / Broccoli Grilled Salmon Brown Rice Cauliflower Asparagus	22 Grilled Flatbread Sandwich
23 Spaghetti	24 *Chicken Parmesan Philly Steak Sandwich Pasta Carrots Broccoli	25 *Roast Pork Chicken Bacon Ranch Wrap Mashed Potatoes Yellow Beans Peas & Carrots Blend	26 *Black Bean Burger w/ Salsa Chicken Alfredo Fettuccini Garlic Toast Cali. Blend Veggies / Peas	27 *Grilled Cheese Burrito Bowl Cauliflower Tomatoes	28 *Meatballs in Green Pepper Tomato Sauce Crispy Boneless Chicken Wings Brown Rice Peas / Green Beans	29 Sweet & Sour Chicken + Eggrolls



30 Hamburger	31 <b>HALLOWEEN</b> *Beef Tips Crispy Cod Fillet Parsley Buttered Noodles Peas & Carrots / Corn
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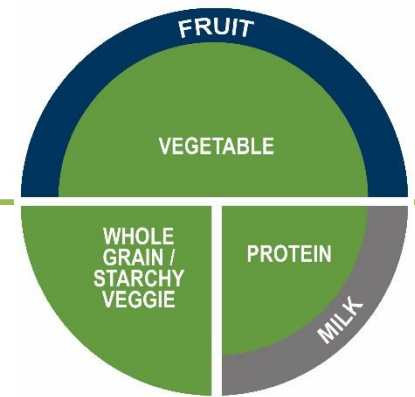
Espresso Drink:  
**PUMPKIN PIE LATTE**

**HEALTHY MEAL CHOICES**

\* = Healthy Meal Choice

See back for more info.

# 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. \$5.00 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 BRMH 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:

Beef Tips, Parsley Buttered Noodles, Corn, Apple & Skim Milk.



**Select** – Choose squash that are heavy, firm, and have a full stem.

**Store** – Store in a cool, dark place for up to one month.

**Prepare** – Squash with thinner skin, like delicata and sweet dumpling, can be eaten without being peeled. Other winter squash, like butternut or acorn, have a hard rind that can be peeled with a vegetable peeler or sharp knife. You can peel squash before or after cooking.

## Winter Squash is the Harvest of the Month!

### Add winter squash to your favorite family meals:

- Dice, microwave or roast and add to salad, tacos, rice, or mac and cheese.
- Halve squash, roast cut side down, then add stuffing
- Puree microwaved or roasted squash for a soup or pie!

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

### Did you know?

In Aztec, Incan, Mayan, and Native American cultures, squash was grown in companionship with corn and beans. Squash, corn, and beans make up the traditional “Three Sisters”.



Nutritious, Delicious, Wisconsin!  
#WitharvestoftheMonth

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Find more information on healthy living at [www.JacksonInAction.org](http://www.JacksonInAction.org)