



# KNOW YOUR COLORS

**GREEN**

*Good choice! Eat plenty of these foods.*

**YELLOW**

*Eat these foods in moderation.*

**RED**

*Rarely eat these foods.*

## Waupun Memorial Café

Week of Jan 11<sup>th</sup>

### Monday

BREAKFAST:	SCRAMBLED EGGS WITH BACON AND CHEESE
SOUPS:	STUFFED PEPPER - CHICKEN ROSE MARINA
FEATURE:	BYO TACO SALAD
SIDES:	SPANISH RICE REFRIED BEANS
SPECIALTY SANDWICH:	VEGGIE BURGER
DESSERT:	SPECIAL K BARS

\*Note: The Taco Salad color is dependent on the toppings you select.

### Tuesday

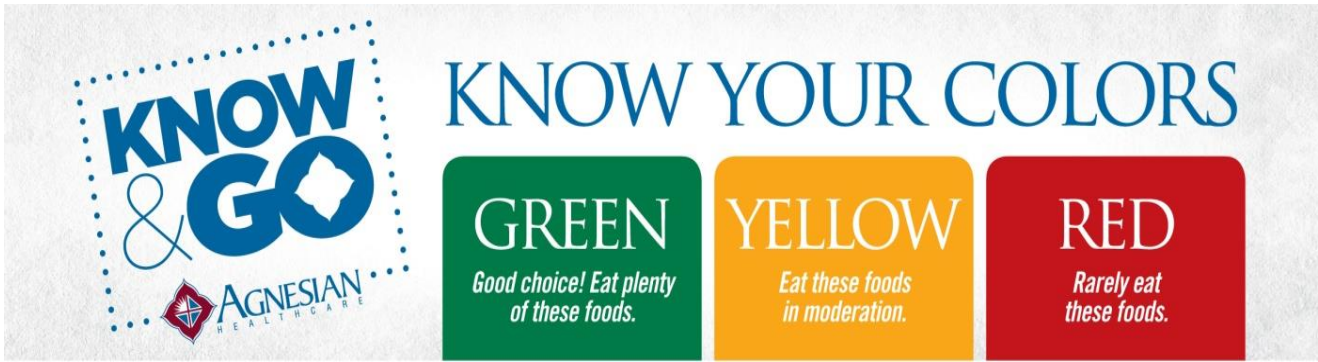
BREAKFAST:	CANADIAN BACON EGG AND CHEESE ENGLISH MUFFIN
SOUPS:	TASTE LIKE LASAGNA - TURKEY VEGETABLE BARLEY
FEATURE:	SWISS BAKED CHICKEN
SIDES:	MASHED POTATOES/ MALIBU BLEND VEGETABLES
SPECIALTY SANDWICH:	FRENCH DIP
DESSERT:	STRAWBERRY SHORTCAKE

### Wednesday

BREAKFAST:	BREAKFAST PIZZA
SOUPS:	CHICKEN DUMPLING - CHEESEBURGER CHOWDER
FEATURE:	MONGOLIAN STIR FRY
SIDES:	STEAMED RICE ROASTED ZUCCHINI
PIZZA:	PEPPERONI
DESSERT:	7 LAYER BARS

### Thursday

BREAKFAST:	MADE TO ORDER OMELET
SOUPS:	CHICKEN CHILI VERDE - BEEF BARLEY
FEATURE:	MEAT LASAGNA
SIDES:	PARMESAN GARLIC BREAD ASPARAGUS SPEARS
PANINI:	BAJA CHICKEN
DESSERT:	CHOCOLATE ÉCLAIR TORTE



## Waupun Memorial Café

### Friday

BREAKFAST: **BACON EGG AND CHEESE BURRITO**  
 SOUPS: **TOMATO - CRAB CHOWDER**  
 FEATURE: **MAC & CHEESE**  
 SIDES: **ZUCCHINI GARLIC MASHED POTATOES/ ITALIAN BEANS**  
 SPECIALTY SANDWICH: **PULLED BBQ CHICKEN SANDWICH**  
 DESSERT: **Lemon Bars**

### Saturday

SOUPS: **COOK'S CHOICE**  
 FEATURE: **HOT SANDWICH OF THE DAY**  
 SIDES: **BAKED POTATO**

### Sunday

SOUPS: **COOK'S CHOICE**  
 FEATURE: **HOT SANDWICH OF THE DAY**  
 SIDES: **FRENCH FRIES**

*Hours of Operation: Monday through Friday 11:30 a.m. to 1:30 p.m.  
(with breakfast 7:30 a.m. to 10 a.m.)*

**Saturday and Sunday: Serving lunch only 12:00 p.m. to 1:30 p.m.**

*Nutrition and Food Service Supervisor: Nicci Vande Zande*  
*Nutrition and Food Service Director: Donna Van Buren*



# Waupun Memorial Café

Week of Jan. 18<sup>th</sup>

## Monday

BREAKFAST: EGG SAUSAGE AND CHEESE CROISSANT  
 SOUPS: LOUISIANA GUMBO - CHICKEN NOODLE  
 FEATURE: MADE TO ORDER PASTA BA  
 SIDES: BREAD STICK  
 SWEET CHILI BRUSSELS SPROUTS  
 SPECIALTY PIZZA : MEXICAN FLATBREAD PIZZA  
 DESSERT: STRAWBERRY CAKE

\*Note: The Pasta Bar colors are dependent on the toppings you select.

## Tuesday

BREAKFAST: EGG AND HAM BREAKFAST CASSEROLE  
 SOUPS: DUCHESS - HEARTY VEGETABLE  
 FEATURE: OPEN FACE HOT TURKEY  
 SIDES: MASHED POTATOES/ ROASTED SUMMER SQUASH  
 PANINI: HAM AND PEPPER JACK  
 DESSERT: DRUMSTICK TORTE

## Wednesday

BREAKFAST: BACON EGG AND CHEESE BAGEL  
 SOUPS: WHITE CHICKEN CHILI - BEEF VEGETABLE  
 FEATURE: BAKED CHOP STEAK W/MUSHROOM GRAVY  
 SIDES: MASHED POTATOES  
 PEAS AND CARROTS  
 PANINI: TURKEY MOZZARELLA  
 DESSERT: CHERRY CRISP

## Thursday

BREAKFAST: BREAKFAST BURRITO  
 SOUPS: CHEESY ASPARAGUS - TURKEY W/ WILD RICE  
 FEATURE: NEW ORLEANS JAMBALAYA  
 SIDES: CORNBREAD MUFFIN/ TUSCAN BLEND  
 SPECIALTY SANDWICH: SMOKED PULLED CHICKEN SANDWICH  
 DESSERT: CARROT CAKE



## Waupun Memorial Café

### Friday

BREAKFAST:	SCRAMBLED EGGS WITH SAUSAGE AND CHEESE
SOUPS:	MINISTRONE – CREAM OF CHICKEN W/RICE
FEATURE:	NAKED BURRITO BOWL
SIDES:	CILANTRO RICE/ WHOLE GREEN BEANS
PERSONAL PIZZA:	SAUSAGE OR CHEESE
DESSERT:	Oreo Torte

### Saturday

SPECIALTY SANDWICH:	HOT SANDWICH OF THE DAY
SOUPS:	COOK'S CHOICE
PIZZA:	SAUSAGE

### Sunday

SPECIALTY SANDWICH:	HOT SANDWICH OF THE DAY
SOUPS:	COOK'S CHOICE
PIZZA:	PEPPERONI

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