



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 10/12/2020

Monday

BREAKFAST: SAUSAGE, EGG AND CHEESE CROISSANT
SOUPS: TURKEY NOODLE - WISCONSIN CHILI
FEATURE: CHICKEN ENCHILADA
SIDES: SWEET POTATO FRIES
GARDEN BLEND VEGETABLES
SPECIALTY SANDWICH: BEEF PHILLY CHEESE STEAK
DESSERT: PUMPKIN BARS

Tuesday

BREAKFAST: SCRAMBLED EGGS W/BACON AND CHEESE
SOUPS: BEEF DUMPLING - CREAM OF MUSHROOM
FEATURE: CHIMICHURRI FLANK STEAK
SIDES: SMOKED GOUDA AND CHIVE MASHED POTATOES
SLICED CARROTS
PANINI: MUSHROOM SOURDOUGH MELT
DESSERT: Chocolate Cake

Wednesday

BREAKFAST: MADE TO ORDER WAFFLE
SOUPS: VEGETARIAN 7 BEAN - CHEESY CAULIFLOWER
FEATURE: CRAB STUFFED WHITE FISH /LEMON SAUCE
SIDES: MUSHROOM COUSCOUS RISOTTO
WHOLE GREEN BEANS
SPECIALTY SANDWICH: BBQ CHICKEN FLATBREAD
DESSERT: KIT KAT BARS

Thursday

Breakfast: Sausage Egg and Cheese English muffin
Soups: Beer Cheese - Italian Tortellini
Feature: Pulled Pork Stuffed Sweet Potato
Sides: Roasted Potatoes with Thyme
Caribbean Blend Vegetables
Specialty Sandwich: Grilled Rachel
Dessert: Butterfinger Torte



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Friday

BREAKFAST:	BACON EGG AND CHEESE BAGEL
SOUPS:	ROASTED ROOT VEGETABLE - CHEESY CRAB
FEATURE:	BEEF STROGANOFF
SIDES:	WHOLE GRAIN ROTINI BRUSSELS SPROUTS WITH CRANBERRIES
SPECIALTY SANDWICH:	BEER BATTERED FISH SANDWICH
PANINI:	TURKEY CLUBBER
DESSERT:	Apple Coffee Cake

Saturday

SOUPS:	COOK'S CHOICE
SPECIALTY SANDWICH:	HOT SANDWICH OF THE DAY
SIDES:	RANCH POTATO WEDGES

Sunday

SOUPS:	COOK'S CHOICE
FEATURE:	HOT SANDWICH OF THE DAY
PIZZA:	CHEESE

*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*



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Week of 10/19/2020

Monday

BREAKFAST: **APPLE RAISIN FRENCH TOAST STRATA**
SOUPS: **CHICKEN NOODLE - CHEESY VEGETABLE**
FEATURE: **SPICY CAULIFLOWER WRAP**
SIDES: **POTATO WEDGES/ CORN**
SPECIALTY SANDWICH: **BYO BURGER BAR**
DESSERT: **PEANUT BUTTER BARS**

Tuesday

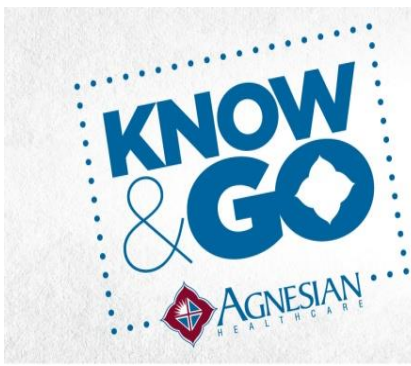
BREAKFAST: **SAUSAGE EGG AND CHEESE BAGEL**
SOUPS: **VEGETABLE BARLEY - TURKEY & BLACK BEAN CHILI**
FEATURE: **BUILD YOUR OWN CHICKEN BURRITO**
SIDES: **SPANISH RICE**
RIVIERA BLEND
SPECIALTY SANDWICH: **BBQ PULLED PORK**
PANINI: **GRILLED TURKEY AND APPLE**
DESSERT: **Banana Poke Cake**

Wednesday

BREAKFAST: **BACON EGG AND CHEESE BISCUIT**
SOUPS: **FRENCH ONION - RED POTATO CHEDDAR**
FEATURE: **SHRIMP SCAMPI**
SIDES: **POTATO WEDGES**
CAULIFLOWER
SPECIALTY SANDWICH: **MONTEREY CHICKEN SANDWICH**
DESSERT: **HEAVENLY BARS**

Thursday

BREAKFAST: **MADE TO ORDER WAFFLES**
SOUPS: **CHICKEN DUMPLING - BEEF MUSHROOM BARLEY**
FEATURE: **POT ROAST**
SIDES: **MASHED POTATOES**
ROASTED CARROTS
SPECIALTY SANDWICH: **TERIYAKI TURKEY BURGER**
DESSERT: **CHEESE CAKE**



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Friday

BREAKFAST: SCRAMBLED EGGS WITH HAM AND CHEESE
SOUPS: TOMATO BASIL – TURKEY FLORENTINE
FEATURE: CHICKEN ASPARAGUS PENNE
SIDES: GARLIC CHEESE BISCUIT
BROCCOLI FLORETS
SPECIALTY SANDWICH: GROWN UP GRILLED CHEESE
DESSERT: PISTACHIO TORTE

Saturday

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

Sunday

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

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