



# Waupun Memorial Café

Week of September 14th

## Monday

BREAKFAST: **APPLE RAISIN FRENCH TOAST STRATA**  
 SOUPS: **CHICKEN NOODLE - CHEESY VEGETABLE**  
 FEATURE: **SPICY CAULIFLOWER WRAP**  
 SIDES: **POTATO WEDGES**  
**FLAME ROASTED 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**  
 PANINI: **GRILLED TURKEY AND APPLE**  
 SPECIALTY SANDWICH: **BBQ PULLED PORK**  
 DESSERT: **Chocolate Cake**

## Wednesday

BREAKFAST: **BACON EGG AND CHEESE BISCUIT**  
 SOUPS: **FRENCH ONION - 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**



# KNOW YOUR COLORS

**GREEN**

*Good choice! Eat plenty of these foods.*

**YELLOW**

*Eat these foods in moderation.*

**RED**

*Rarely eat these foods.*

## Friday

BREAKFAST:	<b>SCRAMBLED EGGS WITH HAM AND CHEESE</b>
SOUPS:	<b>TOMATO BASIL - TURKEY FLORENTINE</b>
FEATURE:	<b>CHICKEN ASPARAGUS PENNE</b>
SIDES:	<b>GARLIC CHEESE BISCUIT</b> <b>RIVIERA BLEND</b>
SPECIALTY SANDWICH:	<b>GROWN UP GRILLED CHEESE</b>
DESSERT:	<b>PISTACHIO TORTE</b>

## Saturday

SOUPS:	<b>COOK'S CHOICE</b>
FEATURE:	<b>HOT SANDWICH OF THE DAY</b>
PIZZA:	<b>PEPPERONI</b>

## Sunday

SOUPS:	<b>COOK'S CHOICE</b>
FEATURE:	<b>HOT SANDWICH OF THE DAY</b>
SIDES:	<b>POTATO WEDGES</b>

***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**



# 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 September 21st

#### Monday

**BREAKFAST:** SAUSAGE EGG AND CHEESE BAGEL  
**SOUPS:** ITALIAN WEDDING - CHICKEN POT PIE  
**FEATURE:** BAKED POTATO BAR  
**SIDES:** BROCCOLI FLORETS  
 BAKED POTATO  
**SPECIALTY SANDWICH:** CHICKEN BRUSCHETTA  
**DESSERT:** PRETZEL TORTE

\*Note: The Baked Potato Bar color is dependent on the toppings you select.

#### Tuesday-

**BREAKFAST:** SCONES  
**SOUPS:** BEEF NOODLE - CHICKEN ENCHILADA  
**FEATURE:** SWEET N SOUR CHICKEN  
**SIDES:** CHICKEN FRIED RICE / SUGAR SNAP PEAS  
**SPECIALTY SANDWICH:** ITALIAN MEATBALL SUB  
**DESSERT:** CHOCOLATE DESSERT

#### Wednesday

**BREAKFAST:** CANADIAN BACON EGG AND CHEESE ENGLISH MUFFIN  
**SOUPS:** WISCONSIN CHILI - BROCCOLI CHEESE  
**FEATURE:** HONEY CASHEW SALMON  
**PANINI:** WMH CLASSIC  
**SIDES:** VEGETABLE COUSCOUS/YELLOW SQUASH  
**DESSERT:** MINT BROWNIE

#### Thursday

**BREAKFAST:** CANADIAN BACON EGG AND CHEESE ENGLISH MUFFIN  
**SOUPS:** CHICKEN NOODLE - OLD FASHIONED BEAN w/HAM  
**FEATURE:** BEEF LONDON BROIL  
**SIDES:** MASHED POTATOES  
 CAULIFLOWER  
**SPECIALTY WRAP:** CHICKEN BACON RANCH WRAP  
**DESSERT:** CHOCOLATE CHIP COOKIE BARS



**Friday**

**Breakfast :** Scrambled Eggs with Sausage and Cheese  
**Soups:** Vegan Lentil/ Creamy Swiss Onion  
**FEATURE:** BYO CHILI BAR  
**SIDES** CORNBREAD MUFFIN/ WHOLE GREEN BEANS  
**SPECIALTY SANDWICH** BEER BATTERED FISH SANDWICH  
**DESSERTS:** NUTTY PUMPKIN CRUMBLE

**Saturday**

**SOUPS:** COOK'S CHOICE  
**FEATURE:** HOT SANDWICH OF THE DAY  
**SIDES:** SWEET POTATO WAFFLE FRIES

**Sunday**

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

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