



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 28th

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: **COOKIE 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 October 5th

Monday

BREAKFAST: EGG SAUSAGE AND CHEESE CROISSANT
SOUPS: LOUISIANA GUMBO - CHICKEN NOODLE
FEATURE: MADE TO ORDER PASTA BAR
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/ SAUTÉED SPINACH AND TOMATOES
SPECIALTY SANDWICH: CHUNKY CHICKEN MELT
DESSERT: CARROT CAKE



Waupun Memorial Café

Friday

BREAKFAST:	SCRAMBLED EGGS WITH SAUSAGE AND CHEESE
SOUPS:	MINISTRONE – CREAM OF CHICKEN W/RICE
FEATURE:	BACON BOURBON SALMON
SIDES:	CHERRY TOMATO PILAF/ WHOLE GREEN BEANS
PERSONAL PIZZA:	SAUSAGE OR CHEESE
DESSERT:	LEMON CAKE

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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