



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 10/8/18

Monday

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

Tuesday

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

*Note: The BYO Salad Bar color is dependent on the toppings you select.

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: BLACKJACK BURGER
DESSERT: KIT KAT BARS

Thursday

Breakfast: Sausage Egg and Cheese English muffin
Soups: Black Forest Lentil - Cream of Chicken Rice
Feature: Pulled Pork Stuffed Sweet Potato
Sides: Roasted Potatoes with Thyme
 Caribbean Blend Vegetables
Specialty Sandwich: Grilled Rachel
Dessert: Butterfinger Torte



Waupun Memorial Café

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:	Chocolate Rhubarb Dessert

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: Rosanne Wetzel



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 10/15/18

Monday

BREAKFAST:	MADE TO ORDER WAFFLES
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

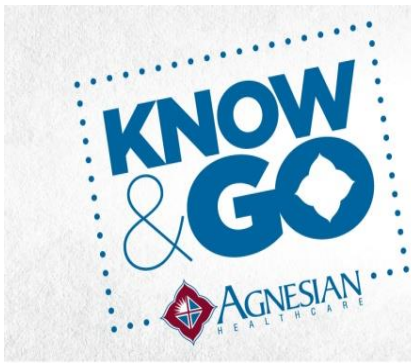
BREAKFAST:	SAUSAGE EGG AND CHEESE BAGEL
SOUPS:	VEGETABLE BARLEY - TURKEY & BLACK BEAN CHILI
FEATURE:	BUILD YOUR OWN CHICKEN BURRITO
SIDES:	SPANISH RICE RIVIERA BLEND
SPECIALTY SANDWICH:	BBQ PULLED PORK
PANINI:	GRILLED TURKEY AND APPLE
DESSERT:	Banana Poke Cake

Wednesday

BREAKFAST:	CANADIAN BACON EGG AND CHEESE ENGLISH MUFFIN
SOUPS:	FRENCH ONION - RED POTATO CHEDDAR
FEATURE:	SHRIMP SCAMPI
SIDES:	BYO SALAD BAR POTATO WEDGES CAULIFLOWER RISOTTO
SPECIALTY SANDWICH:	MONTEREY CHICKEN SANDWICH
DESSERT:	HEAVENLY BARS

Thursday

BREAKFAST:	APPLE RAISIN FRENCH TOAST STRATA
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



Waupun Memorial Café

Friday

BREAKFAST:	SCRAMBLED EGGS WITH HAM AND CHEESE
SOUPS:	TOMATO BASIL – TURKEY FLORENTINE
FEATURE:	CHICKEN ASPARAGUS PENNE
SIDES:	SAVORY APPLE 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

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: Rosanne Wetzel
Nutrition and Food Service Director: Donna Van Buren

