



# 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 9/9/19

### 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:	RANCH 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*



# Waupun Memorial Café

## Week of 9/16/19

### Monday

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

\*Note: The Pasta Bar and the BYO Salad 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:** LEMON PARSLEY FINGERLING POTATOES/ PEAS AND CARROTS  
**PANINI:** TURKEY MOZZARELLA  
**DESSERT:** CHERRY CRISP

### Thursday

**BREAKFAST:** SOUFFLÉ'S BACON OR SPINACH AND RED PEPPER  
**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



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## Waupun Memorial Café

### Friday

BREAKFAST:	SCRAMBLED EGGS WITH SAUSAGE AND CHEESE
SOUPS:	MINISTRONE – CHICKEN & SWEET POTATO
FEATURE:	BACON BOURBON SALMON
SIDES:	CHERRY TOMATO PILAF/ WHOLE GREEN BEANS
PANINI:	SOUTHWESTERN GRILLED CHEESE
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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