

OKTOBERFEST



Complete Meal Price

Students: \$3.00

Faculty: \$3.50

1 entrée, veg., potato, bread,
and low fat white or chocolate milk

From the Deli Station

Assorted Sandwiches are available every day
Turkey and Cheese or Italian (2 oz meat/cheese)

All Sandwiches come with lettuce and tomato (1/2 oz)
served on variety of breads, including
Whole Wheat, Whole Grain White, and Whole Grain

Salads available every day, can be used as a vegetable

Garden - 1 c Romaine and Mesclun,
1/4 c Red Peppers, Carrots, Cucumbers
Caesar - 1 c Romaine, Croutons, and Parm Cheese
3 Bean - 1 c Kidney, Garbanzo, and Black Beans
Quinoa - 1 c Quinoa, Corn, Tomatoes, Black Beans
(3/4 c Corn/Tomatoes, 1/4 c Quinoa)

Fruits

Apples, Oranges, Bananas

Fruit Cups (.5 c)

This Week's Vegetables

Dark Romaine, Mesclun

Red/Orange Tomatoes, Carrots,
Red Cabbage

Beans/Peas Black, Kidney, Garbanzo,
Green Beans

Starchy Potato, Corn
Peas,

Other Brussel Sprouts

Beverages

1% White Milk

Fat Free Chocolate Milk

TUESDAY		10-Oct-17	
ENTREE	German Hot Dogs Bauernwurst	2 oz 2 oz	
POTATO	Potato Pancakes	.5 c	
VEGETABLE	Green Beans	.5 c	
BREAD	WG Dinner Rolls	2 oz	
WEDNESDAY		11-Oct-17	
ENTREE	Bavarian Chicken Weisswurst	2 oz 2 oz	
Potato	German Potato Bake	.5 c	
VEGETABLE	Braised Red Cabbage	.5 c	
BREAD	WG Dinner Rolls	2 oz	
THURSDAY		12-Oct-17	
ENTREE	Sauerbraten Keilbasa	2 oz 2 oz	
Potato	Potato Dumplings	.5 c	
VEGETABLE	Brussel Sprouts	.5 c	
BREAD	WG Dinner Rolls	2 oz	
FRIDAY		13-Oct-17	
ENTREE	Braised Pork Chops Kase Krainer Bratwurst	2oz g/2 oz ch 2 oz	
POTATO	Spaetzel	.5 c	
VEGETABLE	Mixed Veg	.5 c	
BREAD	WG Dinner Rolls	2 oz	