

CAMPUS CAFÉ BREAKFAST

OCT '26

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Main Entrée Chicken Sausage on Local WGR Cinnamon Swirl Bread	2 Main Entrée WGR French Toast Bites & Hot Apple Compote
5 Main Entrée WGR Raspberry Swirl Roll	6 Main Entrée Freshly Baked WGR Donuts	7 Main Entrée WGR Breakfast Stuffed Sandwich	8 Main Entrée Beef & Cheese on WGR Bagel	9 HALF DAY Main Entrée Manager's Choice
12	13 Main Entrée Freshly Baked WGR Orange Cranberry Squares	14 Main Entrée WGR Pizza Dipper & Marinara	15 Main Entrée WGR Chicken Sausage Corndog	16 Main Entrée WGR Apple Cider Donut
19 Main Entrée WGR Cereals & Yogurt	20 Main Entrée Freshly Baked WGR Scones	21 Main Entrée Omelet in WGR Tortilla	22 Main Entrée Chicken Sausage on Local WGR Cinnamon Swirl Bread	23 HALF DAY Main Entrée Manager's Choice
26 Main Entrée WGR Raspberry Swirl Roll	27 Main Entrée Freshly Baked WGR Donuts	28 Main Entrée WGR Breakfast Stuffed Sandwich	29 Main Entrée Beef & Cheese on WGR Bagel	30 Main Entrée Western Omelet



DAILY FRUIT OPTIONS

Breakfast and lunch fruit options are seasonal and may include:

Fresh Whole Fruit: Apples, Oranges, Pears, Mandarins, Bananas, Fruit Salads, Stone Fruits

Diced Fruit: Cups: Pears, Peaches, Mangoes, Mandarin Oranges, Pineapple Tidbits, Cinnamon Peaches, Diced Cinnamon Apples, Mixed Tropical Fruit, Tropical Pears

Dried Fruit: Raisins, Craisins, Mixed Fruit

Applesauce: Plain and Fruity Flavors



BREAKFAST SIDES

Cheerios

Mini Muffin Loaf

Apple Cinnamon Cheerios

VG Bagels

Cinnamon Granola

Lucky Charms

Yogurt: Cups

Blueberry Chex

Cinnamon Toast Crunch

Froot Loop Waffle

Salsa Cup

Breakfast Bar

Vegetarian Options
Available Daily

Contains Fish

Local Skim & 1% Milk

Contains Pork

Fresh Fruit & Veggies
Daily

Gluten Free

HALAL Halal Food

Our menus meet USDA Requirements

Menu items are subject to change.

CAMPUS CAFE LUNCH

OCT '26

Monday	Tuesday	Wednesday	Thursday	Friday
			Main Entrée Turkey Hot Dog Side Choices WGR or GF Bun Crinkle Cut Fries	Main Entrée WGR Golden Crunchy Fish Sandwich Side Choices WGR Sweet Corn Hush Puppies Fresh Veggies & Ranch 100% Fruit Juice Slush
Main Entrée WGR Mozzarella Sticks & Marinara Side Choices Breaded Broccoli Bites	Main Entrée Walking Taco on WGR Tortilla Chips Side Choices Cheesy Black Beans Salsa	Main Entrée Flame-Grilled Beef Burger Side Choices WGR or GF Bun Crinkle Cut Fries	Main Entrée WGR Sunrise Waffles Side Choices Sweet Potato Tots	HALF DAY Main Entrée WGR Pizza Day! Side Choices Cucumber Salad 100% Fruit Juice Slush
	Main Entrée General Tso's Chicken Cilantro Lime Rice Side Choices Soy Garlic Broccoli WGR Animal Crackers	Main Entrée Beef Quesadilla on WGR Tortilla Side Choices Roasted Corn Salsa Cup	Main Entrée WGR Cheese Ravioli in Pink Sauce Side Choices Fresh Veggies & Ranch WGR Dinner Roll	Main Entrée Chicken Wings Side Choices Chickpea Salad Sweet Heat Onion Rings WGR Dinner Roll 100% Fruit Juice Slush
	Main Entrée WGR Chicken Tenders & Waffle Side Choices Wavelength Fries	PA Preferred Day Main Entrée Fiesta Pierogies & WGR Dinner Roll Side Choices Local Green Leaf Lettuce and Grape Tomatoes w/ Homemade Ranch Dressing Sour Cherry Italian Ice	Main Entrée Chipotle Chicken Bowl Side Choices Roasted Corn WGR Cilantro Lime Rice WGR Tortilla	HALF DAY Main Entrée Detroit Style Pepperoni Pizza Side Choices Chickpea Salad 100% Fruit Juice Slush
Main Entrée WGR Macaroni & Cheese Side Choices Mixed Veggies WGR Dinner Roll	Main Entrée Flame-Grilled Beef Burger Side Choices WGR or GF Bun BBQ Baked Beans	Main Entrée WGR Pizza Poppers & Marinara Sauce Side Choices Sweet Potato Gems	Main Entrée Boneless Wings Side Choices Mashed Potatoes & Gravy WGR Dinner Roll	HALLOWEEN Main Entrée Chicken Potstickers Side Choices Roasted Soy Garlic Broccoli Pumpkin Pie Parfait 100% Fruit Juice Slush
Alternate Entrées Toasted Cheese Pizza Slice	Alternate Entrées PB&J or WoWich Pizza Slice	Alternate Entrées Fresh Deli Sandwich Pizza Slice	Alternate Entrées Garden or Chicken Salad Plain or Spicy Morningstar Nuggets	Alternate Entrées PB&J or WoWich Pizza Slice

DID YOU KNOW...

October 21st is PA Preferred Day! Lunch trays will be filled with foods made right here in Pennsylvania. Keep an eye out for the PA Preferred symbol at your local store—it's a fun way to support our farmers and the yummy foods they grow!



HARVEST OF THE MONTH



Apples
Pennsylvania produces 400-500 million pounds of apples per year. They're typically harvested from July through October. Apples are a great source of fiber and Vitamin C!

Vegetarian Options Available Daily	Contains Fish
Local Skim & 1% Milk	Contains Pork
Fresh Fruit & Veggies Daily	Gluten Free
	Halal Food

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