

CAMPUS CAFÉ BREAKFAST

NOV

Monday	Tuesday	Wednesday	Thursday	Friday
2  Main Entrée WGR Breakfast Gems	3  Main Entrée WGR Breakfast Gems	4 Main Entrée WGR Pizza Dipper & Marinara	5 Main Entrée Breakfast Corndog	6  Main Entrée Apple Cider Donut
9  Main Entrée WGR Cereals & Yogurt 	10  Main Entrée Freshly Baked WGR Scones	11  Main Entrée Freshly Baked WGR Scones	12 Main Entrée Chicken Sausage on Local WGR Cinnamon Swirl Bread	13  Main Entrée WGR French Toast Bites & Hot Apple Compote
16  Main Entrée WGR Raspberry Swirl Roll	17  Main Entrée Freshly Baked WGR Donuts	18 Main Entrée WGR Breakfast Stuffed Sandwich	19 Main Entrée Beef & Cheese on WGR Bagel	20  Main Entrée Western Ham Omelet 
23  Main Entrée WGR Breakfast Gems	24  Main Entrée Freshly Baked WGR Orange Cranberry Squares	25 Main Entrée WGR Pizza Dipper & Marinara	26  Main Entrée WGR Breakfast Gems	27  Main Entrée WGR Breakfast Gems
30  Main Entrée WGR Cereals & Yogurt 	31  Main Entrée WGR Breakfast Gems	32  Main Entrée WGR Breakfast Gems	33  Main Entrée WGR Breakfast Gems	34  Main Entrée WGR Breakfast Gems



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 Food

Our menus meet USDA Requirements 

Menu items are subject to change.

CAMPUS CAFE LUNCH

NOV

Monday	Tuesday	Wednesday	Thursday	Friday
2  Main Entrée WGR French Bread Pizza Side Choices Mixed Veggies	3 	4  Main Entrée WGR Southwestern Pull-Apart Side Choices Cowboy Caviar WGR Street Corn Bites	5 Main Entrée WGR Chicken Alfredo Side Choices Broccoli WGR Dinner Roll	6  Main Entrée Philly Cheesesteak Side Choices Crinkle Cut Fries WG or GF Hoagie Bun 100% Fruit Juice Slush
9  Main Entrée WGR Pizza Crunchers & Marinara Side Choices Wavelength Fries	10  Main Entrée Chipotle Chicken Nacho Grande Side Choices Fiesta Beans	11 	12  Main Entrée Turkey Hot Dog Side Choices WGR or GF Bun Crinkle Cut Fries	WORLD KINDNESS DAY 13  Main Entrée WGR Golden Crunchy Fish Sandwich Side Choices WGR Sweet Corn Hushpuppies Fresh Veggies & Ranch Rosati Italian Nice Cup
16  Main Entrée WGR Mozzarella Sticks & Marinara Side Choices Breaded Broccoli Bites Pumpkin Pie Parfait	17  Main Entrée Walking Taco on WGR Tortilla Chips Side Choices Cheesy Black Beans Salsa Cup	18  Main Entrée Flame-Grilled Beef Burger Side Choices WGR or GF Bun Sweet Potato Tots	FRIENDSGIVING 19  Main Entrée Sliced Turkey Side Choices Mashed Potatoes & Gravy WGR Dinner Roll Sweet Potato Parfait	HALF DAY 20  Main Entrée WGR Pizza Day! Side Choices Cucumber Salad 100% Fruit Juice Slush
23  Main Entrée WGR Pizzaboli & Marinara Sauce Side Choices Green Beans	24 Main Entrée General Tso's Chicken Cilantro Lime Rice Side Choices Soy Garlic Broccoli	25 Main Entrée Beef Quesadilla on WGR Tortilla Side Choices Roasted Corn Salsa Cup	26 	27
30  Main Entrée WGR Morningstar Sandwich Side Choices Green Beans				
 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...

Happy World Kindness Day! On November 13th, we're celebrating the idea that a warm meal and a warm heart go hand in hand. Take a moment today to share a smile, hold the door, or say thank you to someone who needs it. Kindness is contagious, and it tastes even better with lunch. Join us for a Rosati Italian "nice" cup and help spread a little extra warmth around the cafeteria!



HARVEST OF THE MONTH

Winter Squash



Unlike summer squash which are picked when immature, winter squash are picked when fully ripe with fully developed seeds. Squashes are one of the oldest known crops, 10,000 years by some estimates! They are great sources of Vitamin C and Vitamin A.

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

Our menus meet USDA Requirements

Menu items are subject to change.