


# OKTOBERFEST

## Complete Meal Price

MONDAY	09-Oct-17		
			
TUESDAY	10-Oct-17		
ENTREE	German Hot Dogs	3 oz	
	Bauernwurst	3 oz	
POTATO	Potato Pancakes	.5 c	
Rice			
VEGETABLE	Green Beans	.5 c	
BREAD	WG Dinner Rolls	2 oz	
WEDNESDAY	11-Oct-17		
ENTREE	Bavarian Chicken	3 oz	
	Weisswurst	3 oz/2 oz gr	
Potato	German Potato Bake	.5 c	
VEGETABLE	Braised Red Cabbage	.5 c	
BREAD	WG Dinner Rolls	2 oz	
THURSDAY	12-Oct-17		
ENTREE	Sauerbraten	3 oz	
	Keilbasa	3 oz/2 oz gr	
Potato	Potato Dumplings	.5 c	
VEGETABLE	Brussel Sprouts	.5 c	
BREAD	WG Dinner Rolls	2 oz	
FRIDAY	13-Oct-17		
ENTREE	Braised Pork Chops	3oz g/2 oz ch	
	Kase Krainer	3 oz/2 oz gr	
	Bratwurst		
POTATO	Spaetzel	.5 c	
VEGETABLE	Mixed Veg	.5 c	
BREAD	WG Dinner Rolls	2 oz	

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 (3 oz meat/cheese)

All Sandwiches come with lettuce and tomato

served on variety of breads, including

Whole Wheat, Whole Grain White, and Whole Grain Rye

Salads available every day, can be used as Veg

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/Beans)

### Fruits

Apples, Oranges, Bananas

Fruit Cups (1 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