

Grill Not Available in September

september

cafeteria menu

sunday

monday

tuesday

wednesday

thursday

friday

saturday

1
Spinach Cheese Quiche
Sausage Patty
Bacon
Seasoned Oven Roasted
Cubed Potatoes
Bermuda Vegetables
Biscuit w/Gravy

2
Pulled Pork on Bun
w/Pickles & BBQ Sauce
Seasoned Curly Fries
California Vegetables
Cole Slaw

3
Crunchy Onion Chicken
Mashed Potatoes w/Gravy
Corn on the Cob
Malibu Vegetables

4
Parmesan Tilapia
Broccoli Rice Cheese
Casserole
Green Beans
Beets

8
Chicken Tenders
Baked Potato
Optional Potato Toppings:
Sour Cream & Cheese
Sauce
Green Beans
Broccoli

9
Crspitos - Plain
or Loaded
Spanish Rice
Corn

10
Free Employee Lunch
Iowa/Iowa State Tailgate
Lunch

Café Open - Cold Case &
Shelf Stable Items only

11
Chicken Pesto Penne
Asparagus
Peas
Garlic Bread

15
Beef Goulash
Asparagus
Corn
Bread Stick

16
Breaded Chicken on Bun
w/Lettuce, Tomato &
Pickles
Roasted Red Potato
Wedges
Malibu Vegetables
Peas

17
Parmesan Pork Chop
Mashed Potatoes w/Gravy
Roasted Brussel Sprouts
Mixed Vegetables

18
Taco Salad
Refried Beans
Corn

22
Tenderloin on Bun
w/Lettuce, Tomato, Onion
& Pickles
Baked French Fries
California Vegetables
Baked Beans

23
Veggie Lasagna
Mashed Potatoes
Bermuda Vegetables
Corn
Garlic Bread

24
Sesame Orange Chicken
Long Grain White Rice
Stir Fry Vegetables
Vegetable Egg Roll

25
Brat on Bun w/Sauerkraut
Homemade Rosemary
Roasted Potato Wedges
Malibu Vegetables
Green Beans

29
Nacho's Supreme
Corn

30
Chicken Cordon Bleu
Rice Pilaf
Southern Style Green
Beans
Broccoli