Daily Chef's Choice (Varies)
Inquire when placing your Room Service order.
(Available between 11:30 am - 1:30 pm and 5:00 pm - 7:00 pm.)
Rosemary Roasted Chicken Breast (0g)
Five-ounce chicken breast seasoned with a rosemary herb blend.
Plain chicken available
Roast Turkey Breast with Gravy (3g)
Oven roasted slices of savory turkey breast with gravy
Baked Cod (0g)
Five-ounce wild caught Pacific Cod loin
Ginger Sesame Salmon (9g)
Five-ounce Norwegian Atlantic Salmon filet seasoned with a light ginger sesame glaze
Plain salmon available
Beef Stroganoff with Egg Noodles (29g)
Beef sirloin strips in a house-made sauce of mushrooms, onions, and garlic, served on a bed of egg noodles

SIDES
• Sautéed zucchini and mushrooms (2g)
• Mixed green lettuce (3g)
• Green beans (4g)
• Carrots (17g)
• Steamed corn (16g)
• Mashed potatoes (17g)
• Baked potato (37g)
• Brown rice (20g)
• Soup (Varies)
• Raw veggie trio w/hummus (10g)
• Fresh fruit (Varies)
• Vegetable of the day (Varies)
• Coleslaw (4g)
• Chips and salsa (33g)
• Baked potato chips (24g)

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Entrees served with two sides of your choice. Served between 10:30 a.m. - 7:00 p.m.

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Mixed green lettuce (3g)

Green beans (4g)

Carrots (17g)

Steamed corn (16g)

Mashed potatoes (17g)

Baked potato (37g)

Brown rice (20g)

Soup (Varies)

Raw veggie trio w/hummus (10g)

Fresh fruit (Varies)

Vegetable of the day (Varies)

Coleslaw (4g)

Chips and salsa (33g)

Baked potato chips (24g)

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BREAKFAST SIDES

1 Egg Cooked Your Way (8g)
Choose scrambled, over easy, over medium, over hard, or sunny side up

Turkey Sausage Patty (8g)

Oven Roasted Breakfast Potatoes (14g)

1 Pancake or 1 French Toast (17g)

Toast (13-34g)
White, whole wheat, English muffin

Cinnamon Raisin (46g)
Add cream cheese, jam, sugar-free jelly, and/or peanut butter

Petite Blueberry Muffin (17g)

Fruit Choices (15-30g)
Fruit options include banana, apple, grapes, pineapple, applesauce, canned peaches or canned peaches

Fresh Fruit Cup (8g)
A blend of fresh pineapple, grapes, and melon

Greek Yogurt (11g)
Vanilla, black cherry, strawberry

Yogurt Smoothee (18g)
Blueberry, cherry vanilla

Assorted Cereals (Varies)
Includes Corn Flakes, Cheerios, Raisin Bran, Rice Krisps, Rice Cech

Serving: Hot decaf tea, decaf coffee, hot coca, a variety of juices, and milk. (Sugar-free beverages available)

BREAKFAST

Two Eggs and Toast (28g)
Choose scrambled, over easy, over medium, over hard, or sunny side up, with whole wheat or white toast

Oatmeal, Cream of Wheat, or Grits (19-22g)
Topping choices include mixed berries, raisins, cinnamon, brown sugar, flavored, and/or walnuts

Greek Breakfast Scrambler (8g)
Eggs scrambled with spinach, tomatoes, and feta cheese.

Pancake Stack, or French Toast (24-51g)
Choose from a stack of three pancakes, or two French toast slices.

Park Street Breakfast Sandwich (20g)
One egg, turkey sausage and mozzarella cheese on a toasted English muffin

BADGER BREAKFAST (30g)
Two eggs, oven roasted breakfast potatoes, turkey sausage, and whole wheat or white toast

Yogurt Parfait (37-47g)
Layers of low fat vanilla yogurt and mixed berries served with or without granola

Mixed Berry Smoothee (18g)
Delicious blend of yogurt and berries

LUNCH AND DINNER

Served from 10:30 am - 7:00 pm

LOWER SODIUM SOUPS

Chicken Noodle (13g)
An all-time favorite! Blend of noodles, white meat chicken, onions, carrots, and celery in a home style broth

Tomato (15g)
A traditional classic favorite

SALADS

Classic Caesar Salad (Varies)
Chopped romaine lettuce, parmesan cheese, and croutons garnished with a lemon wedge. Served with Caesar dressing on the side. Add a grilled chicken breast on Norwegian Atlantic Salmon filet

Mandarin Salad (Varies)
Spring mix greens topped with edamame, mandarin oranges, walnuts, and grape tomatoes. Add a grilled chicken breast, or Norwegian Atlantic Salmon filet, or Asian marinated tofu

Taco Salad (Varies)
Choose seasoned ground beef, grilled chicken strips, or veggie burger crumbles, topped with your choice of black beans, shredded cheese, lettuce, brown rice, red onions, tomatoes, black olives, sour cream, and/or mild salsa.

Available Dressings
Lite French (19g), Lite Ranch (3g), Golden Italian (2g), Vinegar and Oil (3g).

SIDE

Roast Beef (28g)
All natural, lower sodium roast beef with leaf lettuce and tomato. Served on your choice of bread

Tuna Salad (28g)
Premium tuna mixed with red onions, celery, mayonnaise and fresh dill, leaf lettuce and tomato. Served on your choice of bread

Egg Salad (28g)
Hard boiled eggs, celery, red onion. Served on your choice of bread

SIDE

• Sautéed zucchini and mushrooms (2g)
• Mixed green lettuce (10g)
• Green beans (4g)
• Carrots (1g)
• Steamed corn (16g)
• Mashed potatoes (17g)
• Baked potato (27g)
• Brown rice (20g)
• Soup (Varies)

• Raw veggie trio w/hummus (10g)
• Fresh fruit (Varies)
• Vegetable of the day (Varies)
• Coleslaw (4g)
• Chips and salsa (33g)
• Baked potato chips (24g)

FROM THE GRILL

Served from 10:30 am - 7:00 pm

Wisconsin Grilled Cheese (28g)
Your choice of Wisconsin Swiss or Mozzarella cheese on white or whole wheat bread grilled to perfection

Garden Veggie Burger (41g)
Grilled all veggie patty topped with lettuce and tomato on a white, wheat or pretzel bun

Classic Beef Burger (26g)
Four ounces of choice beef served on a toasted white, wheat or pretzel bun

Grilled Chicken Breast Sandwich (45g)
Grilled chicken topped with lettuce and tomato served on a fresh white, wheat or pretzel bun

Please ask for your favorite condiments

(Total Grams of Carbohydrate) Actual carbohydrate amount will vary based on menu selection. Please refer to your room service ticket for accurate number of carbohydrate grams.