



KNOW YOUR COLORS

GREEN

Good choice! Eat plenty of these foods.

YELLOW

Eat these foods in moderation.

RED

Rarely eat these foods.

Creekside Café

Weeks of October 9th - 20th

Monday

BREAKFAST: STRAWBERRY WAFFLE
SOUPS: DUCHESS CHEESE - ITALIAN TORTELLINI
ENTREES: FETTUCINI AND EGGPLANT ROMESCO
TEX MEX ROASTED CORN ENCHILADA BAKE
SIDES: GREEN CHILI RICE- REFRIED BLACK BEANS
GARLIC MOZZARELLA CIABATTA - HEIRLOOM BEAN CASSOULET
CHEF'S FEATURE: GREEK STYLE FARRO SALAD BOWL
GRILL: GRILLED PORTOBELLO AND PEPPER SANDWICH

Tuesday

BREAKFAST: TOMATO AND SPINACH FRITTATA
SOUPS: CHICKEN NOODLE - BEEF VEGETABLE
ENTREES: SPINACH STUFFED CHICKEN BREAST
GARLIC AND FENNEL SEARED PORK LOIN
SIDES: TRI COLORED COUSCOUS - ORANGE GLAZED BEETS
KALE AND POTATO GRATIN - FRESH STEAMED BROCCOLI
CHEF'S FEATURE: BOURBON STREET CHICKEN FAJITA
GRILL: SLOPPY JOE SANDWICH

Wednesday

BREAKFAST: WHOLE GRAIN CHOCOLATE CHIP PANCAKES
(MADE TO ORDER OMELETS AT CHEF'S FEATURE STATION)
SOUPS: VEGAN WHOLE GRAIN - WHITE CHICKEN CHILI
ENTREES: SMOTHERED CHICKEN BREAST - VEGETABLE LASAGNA
SIDES: PARMESAN BAGUETTE - WILD RICE
CAMELIZED ONION BRUSSELS SPROUTS - GARDEN BLEND VEGETABLES
CHEF'S FEATURE: MEDITERRANEAN STEAK SALAD
GRILL: CALIFORNIA TURKEY BURGER



KNOW YOUR COLORS

GREEN

Good choice! Eat plenty of these foods.

YELLOW

Eat these foods in moderation.

RED

Rarely eat these foods.

Thursday

BREAKFAST: ROASTED PEPPER EGG, AND SWISS ON SOURDOUGH
SOUPS: CHEESY ASPARAGUS – LOUISIANA GUMBO
ENTREES: HONEY CASHEW SALMON
CHIMICHURRI FLANK STEAK
SIDES: ANCIENT GRAIN PILAF – GARLIC ROASTED RED POTATOES
FRESH STEAMED GREEN BEANS – SAUTÉED YELLOW SQUASH W/ PEPPERS
CHEF’S FEATURE: TACO SALAD BOWL
GRILL: GRILLED CHICKEN PARMESAN SANDWICH

Friday

BREAKFAST: ROAST BEEF HASH
SOUPS: CLAM CHOWDER - MINISTRONE
ENTREES: POT ROAST – POTATO CHEDDAR CRUSTED COD
SIDES: YUKON GOLD MASHED POTATOES – ROASTED CARROTS
BRAISED CABBAGE – MUSHROOMS W/ BROCCOLI LEAVES AND WALNUTS
CHEF’S FEATURE: CHICKEN CAESAR SALAD
GRILL: MONTEREY CHICKEN SANDWICH

Hours of Operation: Monday through Sunday 6:30 a.m. to 6:30 p.m.

Weekday Grill Hours: 6:30 a.m. to 10:00 a.m.; 11:00 a.m. to 1:30 p.m.; 4:30 p.m. to 6:30 p.m.

Weekend Grill Hours: Limited hot items available

Food Service Operations Supervisor: Rich Nimkie
Nutrition and Food Service Director: Donna Van Buren



KNOW YOUR COLORS

GREEN

Good choice! Eat plenty of these foods.

YELLOW

Eat these foods in moderation.

RED

Rarely eat these foods.

Creekside Café

Monday

BREAKFAST: STRAWBERRY FRENCH TOAST
SOUPS: WHITE BEAN POSOLE VERDE – WISCONSIN CHEESE
ENTREES: MUSHROOM AND RED RICE STUFFED PEPPER
GNOCCHI AND WHITE CHEDDAR GRATIN
SIDES: FARRO W/ CARAMELIZED ONIONS – SAUTÉED GREENS W/ CHICKPEAS
RAINBOW CARROT SAUTÉ – SWEET POTATO QUINOA CAKES
CHEF'S FEATURE: ROASTED VEGETABLE AND WHEATBERRY SALAD
GRILL: BLACK BEAN AVOCADO BURGER

Tuesday

BREAKFAST: PECAN WAFFLE
SOUPS: BEEF DUMPLING – CREAM OF MUSHROOM
ENTREES: GRILLED PINEAPPLE CHICKEN – SPINACH AND CRANBERRY SALMON
SIDES: CURRIED RICE PILAF – ROASTED POTATOES W/ THYME
ROASTED BEETS, SQUASH, AND APPLES – SUGAR SNAP PEAS W/ ALMONDS
CHEF'S FEATURE: NAKED BURRITO BOWL
GRILL: BBQ PULLED PORK SANDWICH

Wednesday

BREAKFAST: BLUEBERRY WHOLE GRAIN PANCAKES
(MADE TO ORDER OMELETS-CHEF'S FEATURE STATION)
SOUPS: BLACK FOREST LENTIL – CAULIFLOWER CHEESE
ENTREES: VEGAN CHILI TOPPED SWEET POTATO
NEW ORLEANS JAMBALAYA W/ POBLANO CORN MUFFIN
SIDES: BAKED SWEET POTATO - CAULIFLOWER RISOTTO
FRESH ROASTED BROCCOLINI
SAUTÉED MUSHROOMS WITH GARLIC AND PEPPERS
CHEF'S FEATURE: SOUTHWEST CHICKEN SALAD
GRILL: TERIYAKI TURKEY BURGER



KNOW YOUR COLORS

GREEN

Good choice! Eat plenty of these foods.

YELLOW

Eat these foods in moderation.

RED

Rarely eat these foods.

Thursday

BREAKFAST: **BREAKFAST PIZZA**
SOUPS: **VEGETARIAN 7 BEAN - CREAM OF CHICKEN RICE**
ENTREES: **MEDITERRANEAN COD WITH GRILLED VEGETABLES**
ROASTED TURKEY BREAST
SIDES: **SAGE AND ONION DRESSING - MASHED RED SKIN POTATOES**
SAUTÉED GREENS W/ ROASTED TOMATOES - HONEY GLAZED BABY CARROTS
CHEF'S FEATURE: **KALE PESTO CHICKEN PASTA BOWL**
GRILL: **BLACKJACK BURGER**

Friday

BREAKFAST: **APPLE RAISIN FRENCH TOAST STRATA**
SOUPS: **CHEESY SEAFOOD CHOWDER -**
SWEET POTATO RED BEAN CHILI
ENTREES: **BACON BOURBON BBQ SALMON - BEEF STROGANOFF**
SIDES: **WHOLE GRAIN ROTINI - SMOKED GOUDA AND CHIVE YUKON POTATOES**
ROASTED BRUSSELS SPROUTS W/ CRANBERRIES- STEAMED MALIBU BLEND
CHEF'S FEATURE: **GRILLED TUNA SALAD W/ BLUEBERRY WALNUT VINAIGRETTE**
GRILL: **TEMPURA BATTERED CHICKEN PO' BOY**

Hours of Operation: Monday through Sunday 6:30 a.m. to 6:30 p.m.

Weekday Grill Hours: 6:30 a.m. to 10:00 a.m.; 11:00 a.m. to 1:30 p.m.; 4:30 p.m. to 6:30 p.m.

Weekend Grill Hours: Limited hot items available

Food Service Operations Supervisor: Rich Nimkie
Nutrition and Food Service Director: Donna Van Buren