



# 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 November 13<sup>th</sup> - 24<sup>th</sup>

### Monday

**BREAKFAST:** WHOLE GRAIN CHOCOLATE CHIP PANCAKES  
**SOUPS:** DUCHESS CHEESE - ITALIAN TORTELLINI  
**ENTREES:** MUSHROOM RAVIOLI W/ ROASTED ZUCCHINI BLUSH SAUCE  
TEX MEX ROASTED CORN ENCHILADA BAKE  
**SIDES:** GREEN CHILI RICE- REFRIED BLACK BEANS  
PARMESAN ROASTED TOMATOES - ITALIAN GREEN BEANS  
**CHEF'S FEATURE:** GREEK STYLE FARRO SALAD BOWL  
**GRILL:** GRILLED PORTOBELLO AND PEPPER SANDWICH

### Tuesday

**BREAKFAST:** HAM AND VEGGIE STRATA  
**SOUPS:** CHICKEN NOODLE - BEEF VEGETABLE  
**ENTREES:** SPINACH STUFFED CHICKEN BREAST  
SHRIMP AND ASPARAGUS SEA BASS  
**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:** STRAWBERRY WAFFLE  
(MADE TO ORDER OMELETS AT CHEF'S FEATURE STATION)  
**SOUPS:** VEGAN WHOLE GRAIN - WHITE CHICKEN CHILI  
**ENTREES:** SMOTHERED CHICKEN BREAST - VEGETABLE LASAGNA  
**SIDES:** GARLIC MOZZARELLA CIABATTA - WILD RICE  
BAKED ACORN SQUASH - GARDEN BLEND VEGETABLES  
**CHEF'S FEATURE:** MEDITERRANEAN STEAK SALAD  
**GRILL:** CALIFORNIA TURKEY BURGER



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## Thursday

**BREAKFAST:** ROASTED PEPPER EGG, AND SWISS ON SOURDOUGH  
**SOUPS:** CHEESY ASPARAGUS - LOUISIANA GUMBO  
**ENTREES:** HONEY CASHEW SALMON  
CHIMICHURRI FLANK STEAK  
**SIDES:** FIRE ROASTED TOMATO PILAF - GARLIC ROASTED RED POTATOES  
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 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*



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## Creekside Café

### Monday

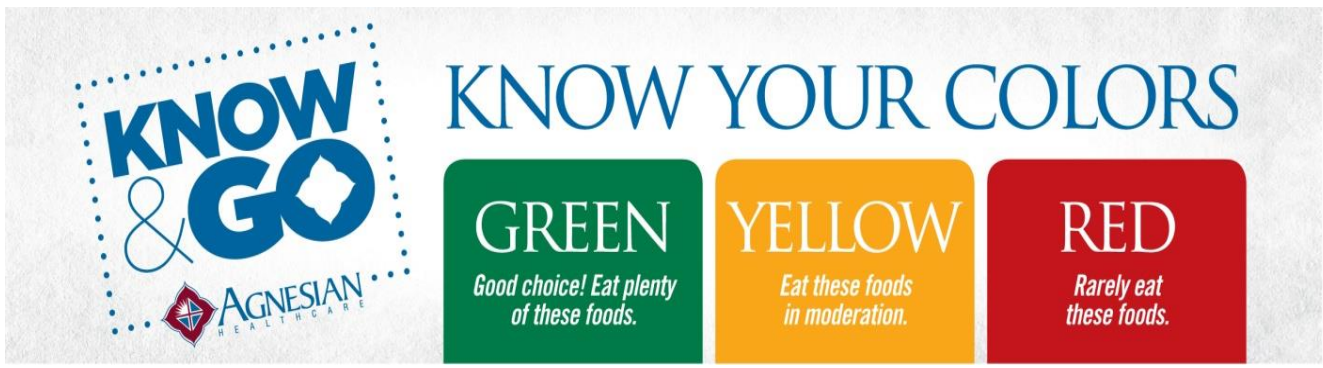
**BREAKFAST:** STRAWBERRY FRENCH TOAST  
**SOUPS:** WHITE BEAN POSOLE VERDE – WISCONSIN CHEESE  
**ENTREES:** MUSHROOM AND RED RICE STUFFED PEPPER  
GNOCCHI AND WHITE CHEDDAR GRATIN  
**SIDES:** FARRO W/ CARAMELIZED ONIONS – SAUTÉED GREENS W/ CHICKPEAS  
RAINBOW CARROT SAUTÉ – SWEET POTATO QUINOA CAKES  
**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 - SAUTÉED GREENS W/ ROASTED TOMATOES  
FRESH ROASTED BROCCOLINI  
SAUTÉED MUSHROOMS WITH GARLIC AND PEPPERS  
**CHEF'S FEATURE:** SOUTHWEST CHICKEN SALAD  
**GRILL:** TERIYAKI TURKEY BURGER



**Thursday**

SPECIAL HOLIDAY MEAL  
PLEASE SEE MENU BOARD FOR MORE INFORMATION

**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**

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