



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 13th - 24th

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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Monday

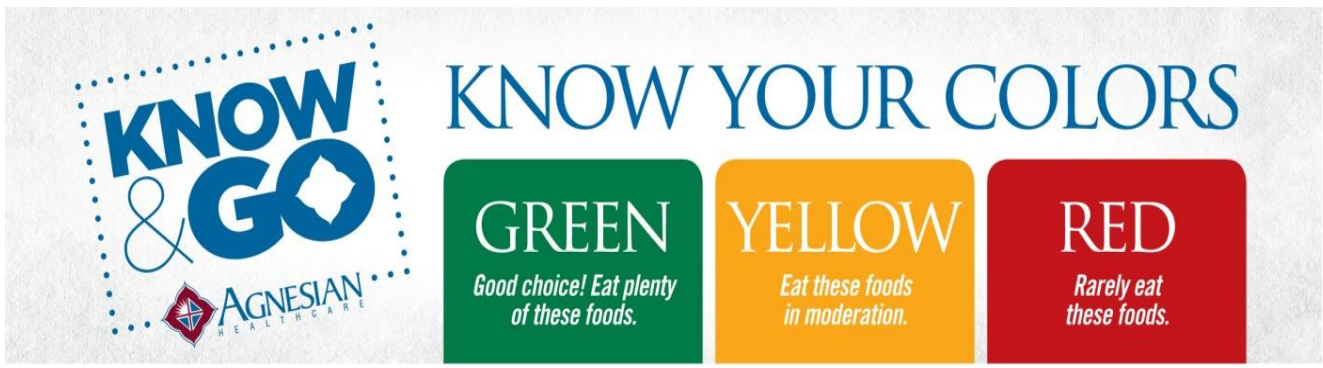
BREAKFAST: STRAWBERRY FRENCH TOAST
SOUPS: WHITE BEAN POSOLE VERDE – WISCONSIN CHEESE
ENTREES: MUSHROOM AND RED RICE STUFFED PEPPER
GNOCCHI AND WHITE CHEDDAR GRATIN
SIDES: FARRO W/ CARAMELIZED ONIONS – SAUTÉED GREENS W/ CHICKPEAS
RAINBOW CARROT SAUTÉ – SWEET POTATO QUINOA CAKES
CHEF'S FEATURE: ROASTED 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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Nutrition and Food Service Director: Donna Van Buren*