



KNOW YOUR COLORS

GREEN
Good choice! Eat plenty of these foods.

YELLOW
Eat these foods in moderation.

RED
Rarely eat these foods.

Creekside Café

Week of August 6th - 17th

Monday

BREAKFAST: BANANA PECAN WHOLE GRAIN PANCAKES
SOUPS: POTATO AND CORN CHOWDER - VEGAN LENTIL
ENTREES: STUFFED PASTA W/ VEGETABLE RAGU
SIDES: BROCCOLI FLORETS - CAULIFLOWER FLORETS
ROASTED MUSHROOMS - ROASTED GREEN BEANS
CHICKPEA CHILI
CHEF'S FEATURE: BYO BAKED POTATO BAR
GRILL: GRILLED CHEESE AND TOMATO ON SPROUTED GRAIN WHEAT

Tuesday

BREAKFAST: BACON AND CORN GRIDDLE CAKES
SOUPS: CHICKEN ENCHILADA - ITALIAN WEDDING
ENTREES: LEMON BAKED SALMON
APPLE RAISIN STUFFED PORK LOIN
SIDES: MALIBU BLEND - ROASTED CAULIFLOWER W/ TOMATOES
GNOCCHI AND VEGETABLE SAUTÉ - MASHED POTATOES
CHEF'S FEATURE: CHICKEN SHWARMA W/ TABBOULEH
GRILL: PHILLY BEEF STEAK SANDWICH

Wednesday

BREAKFAST: BLUEBERRY WAFFLE
(MADE TO ORDER OMELETS AT CHEF'S FEATURE STATION)
SOUPS: WISCONSIN CHILI - BROCCOLI CHEESE
ENTREES: SALISBURY STEAK
HEALTHY BAKED COD
SIDES: ROASTED SUMMER SQUASH - PEAS AND CARROTS
WHITE CHEDDAR SCALLION DUCHESS POTATO
MUSHROOM BROWN RICE AND QUINOA
CHEF'S FEATURE: CHILI LIME CHICKEN FAJITA SALAD
GRILL: CAPRESE TURKEY BURGER W/ ARTICHOKE PESTO



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Thursday

BREAKFAST:	BREAKFAST HASH
SOUPS:	OLD FASHIONED HAM WITH BEAN - CHICKEN POT PIE
ENTREES:	SEA BASS AND SHRIMP SCAMPI PULLED PORK STUFFED SWEET POTATO
SIDES:	SWEET CHILI BRUSSELS SPROUTS - ROASTED CALIFORNIA BLEND BAKED SWEET POTATO - GARLIC AND HERB FETTUCCHINI
CHEF'S FEATURE:	SWEET AND SOUR CHICKEN BOWL
GRILL:	MEDITERRANEAN CHICKEN SANDWICH

Friday

BREAKFAST:	APPLE CINNAMON FRENCH TOAST
SOUPS:	NEW ENGLAND CLAM CHOWDER - CHICKEN NOODLE
ENTREES:	JAMAICAN JERK SALMON VEGETABLE LASAGNA
SIDES:	ROASTED CARROT AND ZUCCHINI - ROASTED GREEN BEANS KALE AND POTATO HASH - PARMESAN GARLIC CIABATTA BREAD
CHEF'S FEATURE:	GRILLED GINGER SESAME CHICKEN SALAD
GRILL:	BAKED BATTERED COD 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: BANANAS FOSTER FRENCH TOAST
SOUPS: VEGAN SPLIT PEA - ROASTED VEGETABLE
ENTREES: ROASTED VEGETABLE QUINOA CAKES
SIDES: ROASTED ASPARAGUS WITH TOMATOES - SAUTÉED SUPER GREENS
SWEET PEA BASMATI RICE - ROASTED FINGERLING POTATOES
CHEF'S FEATURE: BUILD YOUR OWN PASTA BAR
GRILL: MUSHROOM SOURDOUGH MELT

Tuesday

BREAKFAST: WHOLE GRAIN PECAN PANCAKES
SOUPS: TASTES LIKE LASAGNA - CHICKEN FAJITA
ENTREES: CHIPOTLE ORANGE CHICKEN - HONEY GARLIC SALMON
SIDES: SWEET POTATO CAULIFLOWER MASH - FLAME ROASTED CORN
SPANISH RICE - ROASTED BRUSSELS SPROUTS W/ CRANBERRIES
CHEF'S FEATURE: THAI PEANUT CHICKEN
GRILL: FRENCH DIP SANDWICH

Wednesday

BREAKFAST: BREAKFAST BURRITO
(MADE TO ORDER OMELETS AT CHEF'S FEATURE STATION)
SOUPS: MEDITERRANEAN VEGETABLE - CHICKEN AND DUMPLING
ENTREES: LEMON PARMESAN COD W/ GARLIC BUTTER -
ROASTED TOMATO/PESTO CHICKEN BREAST
SIDES: RAINBOW CARROTS - ROASTED SQUASH W/ BELL PEPPERS
ROASTED RED POTATOES W/ THYME - CAULIFLOWER RISOTTO
CHEF'S FEATURE: BLACKBERRY CHICKEN SALAD
GRILL: BLACK BEAN BURGER W/ MANGO SALSA



Thursday

BREAKFAST:	BREAKFAST CASSEROLE
SOUPS:	CHICKEN CHILI VERDE – BEEF BARLEY
ENTREES:	ASPARAGUS STUFFED TURKEY BREAST SHRIMP AND CHICKEN PAELLA
SIDES:	CARAMELIZED ONION & GARLIC POTATOES – ROASTED PLANTAINS GARDEN BLEND VEGETABLES – SAUTÉED SPINACH AND GRAPE TOMATOES
CHEF’S FEATURE:	CHICKEN BACON RANCH WRAP
GRILL:	MEMPHIS STYLE BRISKET SANDWICH

Friday

BREAKFAST:	MIXED BERRY WAFFLE
SOUPS:	TOMATO – CHEESEBURGER CHOWDER
ENTREES:	BACON BOURBON BBQ SALMON GRILLED CHICKEN PARMESAN
SIDES:	TRI COLOR CAULIFLOWER – HONEY ROASTED RED POTATOES ZUCCHINI AND TOMATO AL FORNO - WHOLE GRAIN ROTINI
CHEF’S FEATURE:	ARGENTINE RED SHRIMP SALAD
GRILL:	GRILLED THREE CHEESE SANDWICHWICH

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