



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 September 11th - 22nd

Monday

BREAKFAST: STRAWBERRY FRENCH TOAST
SOUPS: UNSTUFFED CABBAGE - WISCONSIN CHEESE
ENTREES: MUSHROOM AND RED RICE STUFFED PEPPER
GNOCCHI AND WHITE CHEDDAR GRATIN
SIDES: FARRO W/ CARAMELIZED ROOT VEGETABLES -
SAUTÉED GREENS W/ CHICKPEAS
PARMESAN ROASTED TOMATOES - SWEET CHILI BRUSSELS SPROUTS
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 - HERB CRUSTED BARRAMUNDI
SIDES: CARIBBEAN QUINOA W/ PLANTAINS - ROASTED POTATOES W/ THYME
RAINBOW CARROT SAUTÉ - 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
CAPRESE BALSAMIC CHICKEN BREAST
SIDES: BAKED SWEET POTATO - CAULIFLOWER RISOTTO
FRESH ROASTED BROCCOLINI
SAUTÉED MUSHROOMS WITH GARLIC AND PEPPERS
CHEF'S FEATURE: SEARED YELLOWFIN TUNA SALAD w/
BLUEBERRY WALNUT VINAIGRETTE
GRILL: TERIYAKI TURKEY BURGER



Thursday

BREAKFAST: BREAKFAST PIZZA
SOUPS: VEGETARIAN 7 BEAN - CREAM OF CHICKEN RICE
ENTREES: NEW ORLEANS JAMBALAYA W/ CORN MUFFIN
 ROASTED TURKEY BREAST
SIDES: QUINOA AND DRIED FRUIT STUFFING - 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: PUFFED RICE CRUSTED COD - BEEF STROGANOFF
SIDES: WHOLE GRAIN ROTINI - SMOKED GOUDA AND CHIVE YUKON POTATOES
 ROASTED BRUSSELS SPROUTS W/ CRANBERRIES- STEAMED MALIBU BLEND
CHEF'S FEATURE: SOUTHWEST CHICKEN SALAD
GRILL: CHICKEN B&T 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: ROASTED PEPPER, EGG AND SWISS ON MULTIGRAIN BREAD
SOUPS: VEGETABLE BARLEY - CHEESY VEGETABLE
ENTREES: SMOKED GOUDA POLENTA W/ MUSHROOMS
BLISTERED HEIRLOOM TOMATO PASTA
SIDES: MEDITERRANEAN VEGETABLES W/ QUINOA - MULTI COLOR CAULIFLOWER
ROASTED FRESH ASPARAGUS - SAUTÉED GREENS W/ RED LENTILS
CHEF'S FEATURE: TOGARASHI TOFU ASIAN SALAD BOWL
GRILL: MUSHROOM SOURDOUGH CHEESESTEAK

Tuesday

BREAKFAST: SOUS VIDE SMOKED SALMON AND SCALLION EGG CUP
SOUPS: FRENCH ONION - TURKEY & BLACK BEAN CHILI
ENTREES: CRAB STUFFED SWAI FILLET - BEEF LONDON BROIL
SIDES: QUINOA AND BARLEY PILAF - FRESH STEAMED GREEN BEANS
SOUR CREAM CHIVE MASHED POTATOES - ROASTED CALIFORNIA BLEND
CHEF'S FEATURE: KUNG PAO CHICKEN
GRILL: SHREDDED TURKEY SANDWICH

Wednesday

BREAKFAST: TOMATO AND GREEN CHILI FRITTATA
(MADE TO ORDER OMELETS-CHEF'S FEATURE STATION)
SOUPS: TURKEY WILD RICE - RED POTATO CHEDDAR
ENTREES: HEIRLOOM BEAN RATATOUILLE
TERIYAKI GLAZED SALMON
SIDES: MIRIN GLAZED CARROTS AND SNOW PEAS - STIR FRIED RED RICE
STEAMED GARDEN BLEND - WILD MUSHROOM TUXEDO BARLEY PILAF
CHEF'S FEATURE: SPINACH AND BUFFALO RICOTTA RAVIOLI SALAD
GRILL: TEX MEX BARBACOA SANDWICH



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Thursday

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| BREAKFAST: | BLUEBERRY CREAM CHEESE STRATA |
| SOUPS: | CHICKEN DUMPLING - BEEF NOODLE |
| ENTREES: | POT ROAST - MEAT LASAGNA |
| SIDES: | MASHED RED SKIN POTATOES - PARMESAN GARLIC CIABATTA BREAD ROASTED CARROTS - SAUTÉED SPINACH W/ WALNUTS |
| CHEF'S FEATURE: | MOROCCAN CHICKEN W/ SPICED BARLEY |
| GRILL: | TURKEY BURGER W/ JACK CHEESE AND BALSAMIC ONIONS |

Friday

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| BREAKFAST: | BREAKFAST CASSEROLE |
| SOUPS: | TOMATO BASIL - BEEF MUSHROOM BARLEY |
| ENTREES: | ROASTED TOMATO AND WHITE CHEDDAR MAC & CHEESE BACON BOURBON SALMON |
| SIDES: | SAUTÉED BRUSSELS W/ KOHLRABI - GARLIC ROASTED RED POTATOES BROCCOLI CAULIFLOWER GRATIN - ROASTED BUTTERNUT SQUASH |
| CHEF'S FEATURE: | BBQ CHICKEN AND GRILLED ZUCCHINI SALAD |
| GRILL: | VEGGIE STUFFED GRILLED CHEESE |

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