



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 August 7th - August 18th

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

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

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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