



# KNOW YOUR COLORS

**GREEN**

*Good choice! Eat plenty of these foods.*

**YELLOW**

*Eat these foods in moderation.*

**RED**

*Rarely eat these foods.*

## Ripon Place Café

Week of January 8<sup>th</sup>

### Monday

Breakfast: **BYO WAFFLE**  
SOUPS: **CHICKEN DUMPLING SOUP—TURKEY BLACK BEAN CHILI**  
FEATURE ITEM: **BYO BURGER BAR**  
SIDES: **FRENCH FRIES/STEAMED CORN**  
PIZZA SPECIAL: **CHICKEN FAJITA**

### Tuesday

Breakfast: **SAUSAGE EGG AND CHEESE BAGEL**  
SOUPS: **BLACK FOREST LENTIL—CHEESY VEGETABLE**  
FEATURE ITEM: **OPEN FACED HOT TURKEY**  
SIDES: **MASHED POTATOES**  
**WHOLE GREEN BEANS**  
SANDWICH: **CHICKEN PHILLY CHEESE STEAK**  
PIZZA SPECIAL: **SAUSAGE**

### Wednesday

Breakfast: **CANADIAN BACON EGG AND CHEESE MUFFIN**  
SOUPS: **CHEESEBURGER CHOWDER -VEGETABLE BARLEY**  
FEATURE ITEM: **CHICKEN QUESADILLA - TURKEY CLUBBER PANINI**  
SIDES: **SPANISH RICE -REFRIED BEANS**  
PIZZA SPECIAL: **GREEK**

### Thursday

Breakfast: **Apple and Raisin French Toast Strata**  
SOUPS: **CHICKEN ENCHILADA—TURKEY FLORENTINE**  
FEATURE ITEM: **BEEF POT ROAST**  
SIDES: **SMOKED GOUDA AND CHIVE MASHED POTATOES**  
**BRUSSELS SPROUTS**  
SANDWICH: **HAM AND PEPPERJACK PANINI**  
PIZZA SPECIAL: **SUPREME**

### Friday

Breakfast: **SCRAMBLED EGGS WITH HAM AND CHEESE**  
SOUPS: **CREAM OF MUSHROOM—BEEF NOODLE**  
FEATURE ITEM: **BYO CHILI BAR**  
SIDES: **GARLIC CHEDDAR BISCUIT/BABY CARROTS**  
SANDWICH: **GROWN UP GRILLED CHEESE**  
PIZZA SPECIAL: **PEPPERONI**

Hours of Operation: Monday through Friday Breakfast 7:30 a.m. to 10:00 a.m. Lunch 11:00 a.m. to 1:30 p.m.  
Nutrition and Food Service Supervisor: Matt Schwartz



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## Ripon Place Café

Week of January 16<sup>th</sup>

### Monday

Breakfast: SAUSAGE EGG AND CHEESE BAGEL  
SOUPS: CHICKEN AND RICE -BROCCOLI CHEESE  
FEATURE ITEM: BYO NACHOS  
SIDES: SWEET POTATO FRIES--CALIFORNIA BLEND VEGETABLES  
SANDWICH: GRILLED TURKEY AND APPLE PANINI

### Tuesday

Breakfast: BREAKFAST PIZZA  
SOUPS: OLD FASHION BEAN W/HAM -CHICKEN NOODLE  
FEATURE ITEM: SWISS BAKED CHICKEN  
SIDES: ROASTED RED POTATOES--ROASTED VEGETABLES  
SANDWICH: BLACKJACK BURGER MELT  
PIZZA SPECIAL: SUPREME

### Wednesday

Breakfast: BACON EGG AND CHEESE BISCUIT  
SOUPS: WISCONSIN CHILI-FRENCH ONION  
FEATURE ITEM: SHRIMP SCAMPI  
SIDES: GARLIC BREAD--WHOLE GREEN BEANS  
SANDWICH: BBQ CHICKEN  
PIZZA SPECIAL: MEAT LOVERS

### Thursday

Breakfast: CANADIAN BACON EGG AND CHEESE MUFFIN  
SOUPS: ITALIAN WEDDING -CHICKEN POT PIE  
FEATURE ITEM: BEEF LONDON BROIL  
SIDES: MASHED RED SKIN POTATOES--CAULIFLOWER  
SANDWICH: TURKEY DIJON PANINI  
PIZZA SPECIAL: TOMATO ARTICHOKE

### Friday

Breakfast: SCRAMBLED EGGS W/ SAUSAGE AND CHEESE  
SOUPS: CHEESY ASPARAGUS-BEEF VEGETABLE  
FEATURE ITEM: SOUTHWEST SALAD  
SIDES: POTATO WEDGES--SLICED CARROTS  
SANDWICH: SLOPPY JOE  
PIZZA SPECIAL: SAUSAGE

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