



# KNOW YOUR COLORS

**GREEN**

Good choice! Eat plenty of these foods.

**YELLOW**

Eat these foods in moderation.

**RED**

Rarely eat these foods.

*NEW: Scroll down to view weekly nutrition of all menu items listed.*

## Creekside Café

Week of May 3<sup>rd</sup>, 2021

### Monday

BREAKFAST: **BREAKFAST PIZZA**  
SOUPS: **WHITE BEAN POSOLE VERDE** 🌿 - **WISCONSIN BEER CHEESE**  
ENTREES: **SCALLION AND GINGER CHOW MEIN**  
SIDES: **ROASTED SWEET POTATO** 🌿 - **HONEY BALSAMIC ROASTED BRUSSELS** 🌿  
**CHARRED CAULIFLOWER AND SESAME** 🌿 - **MALIBU BLEND** 🌿  
CHEF'S FEATURE: **SPINACH AND MUSHROOM RAVIOLI SALAD**  
GRILL: **BLACK BEAN AND QUESADILLA**

### Tuesday

BREAKFAST: **BANANA PECAN WHOLE GRAIN PANCAKES**  
SOUPS: **BEEF DUMPLING** 🌿 - **CREAM OF MUSHROOM** 🌿  
ENTREES: **LEMON BAKED SALMON** 🌿  
SIDES: **STIR FRY VEGETABLE AND RICE** 🌿 - **LEMON PARSLEY YUKON POTATOES** 🌿  
**SUGAR SNAP PEAS AND CARROTS** 🌿  
CHEF'S FEATURE: **NAKED BURRITO BOWL** 🌿  
GRILL: **BBQ PULLED PORK SANDWICH**

### Wednesday

BREAKFAST: **MADE TO ORDER OMELETS-CHEF'S FEATURE STATION**  
SOUPS: **BLACK FOREST LENTIL** - **CAULIFLOWER CHEESE** 🌿  
ENTREES: **CHICKEN FLORENTINE** 🌿 **NEW ORLEANS JAMBALAYA** 🌿  
SIDES: **FETTUCINI ALFREDO**  
**CAPRI BLEND VEGETABLES** 🌿 **BRAISED MUSHROOMS W/ GARLIC AND PEPPER** 🌿  
CHEF'S FEATURE: **BLACKBERRY CHICKEN SALAD** 🌿  
GRILL: **TERIYAKI TURKEY BURGER**



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## Creekside Café

### Thursday

BREAKFAST: **APPLE FRENCH TOAST WITH PECANS**  
SOUPS: **VEGETARIAN 7 BEAN** 🍃 - **CREAM OF CHICKEN RICE** 🍃  
ENTREES: **OVEN ROASTED TURKEY BREAST** 🍃  
SIDES: **SAGE AND ONION DRESSING** 🍃 - **FRESH MASH POTATOES** 🍃  
**HONEY GLAZED BABY CARROTS AND BEAN BLEND** 🍃  
CHEF'S FEATURE: **JERK CHICKEN WRAP**  
GRILL: **BLACKJACK BURGER**

### Friday

BREAKFAST: **BLUEBERRY WAFFLE**  
SOUPS: **CHEESY SEAFOOD CHOWDER** 🍃 **SWEET POTATO RED BEAN CHILI** 🍃  
ENTREES: **BACON BOURBON BBQ SALMON** 🍃 - **BEEF STROGANOFF** 🍃  
SIDES: **WHOLE GRAIN ROTINI** 🍃 - **SMOKED GOUDA AND CHIVE MASHED POTATOES** 🍃  
**ROASTED BRUSSELS SPROUTS W/ CRANBERRIES** 🍃 - **FIESTA BLEND** 🍃  
CHEF'S FEATURE: **GREEK CHICKEN POWER BOWL W/ TOASTED CHICKPEAS** 🍃  
GRILL: **SWEET CHILI CHICKEN SANDWICH**

*Hours of Operation: Monday through Friday 6:30 a.m. to 6:30 p.m.  
Saturday and Sunday 7:00 a.m. to 2:00 p.m.*

Weekday Grill Hours: 6:30 a.m. to 10:00 a.m.; 11:00 a.m. to 1:30 p.m.  
Evening and Weekend Grill Hours: Limited hot items available

*Executive Chef: Rich Nimkie  
Hospitality Services Director: Donna Van Buren*



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## Monday Week 1

### Scallion and Ginger Chow Mein

Allergens: Tree Nuts, Soy, Wheat ✓ Serving Size-10 oz.

Total Cal...570 Sugars...17g Sodium...2070mg  
 Fiber... 8g Carbs...80g Total Fat...19g  
 Protein...16g Sat Fat...1.5g Total Chol... 0mg  
 Trans-Fat...0g

### Spinach and Mushroom Ravioli Salad

Allergens: egg, milk wheat ✓ Serving Size-1 Salad

Total Cal...390 Sugars...5g Sodium...590mg  
 Fiber... 7g Carbs...32g Total Fat...24g  
 Protein...14g Sat Fat...7g Total Chol...85mg  
 Trans-Fat...0g

### Honey Balsamic Roasted Brussels Sprouts

Allergens: None ✓ **G** Serving Size-3/4 cup

Total Cal...60 Sugars...5g Sodium...80mg  
 Fiber... 5g Carbs...14g Total Fat...0g  
 Protein...4g Sat Fat...0g Total Chol... 0mg  
 Trans-Fat...0g

### Charred Cauliflower and Sesame

Allergens: None ✓ **G** Serving Size-3/4 cup

Total Cal...45 Sugars...3g Sodium...40mg  
 Fiber... 3g Carbs...6g Total Fat...0g  
 Protein...3g Sat Fat...0g Total Chol... 0mg  
 Trans-Fat...0g

### Malibu Vegetable Blend

Allergens: None ✓ **G** Serving Size-3/4 cup

Total Cal...50 Sugars...3g Sodium...35mg  
 Fiber...2g Carbs...11g Total Fat...0g  
 Protein...2g Sat Fat...0g Total Chol... 0mg  
 Trans-Fat...0g

### Breakfast Pizza

Allergens: eggs, wheat, milk Serving Size-1 (123g)

Total Cal...190 Sugars...1g Sodium...550mg  
 Fiber... 1g Carbs...15g Total Fat...11g  
 Protein...14g Sat Fat...4.5g Total Chol... 30mg  
 Trans-Fat...0g

### Wisconsin Beer Cheese Soup

Allergens: soy, milk ✓ Serving Size-8 oz.

Total Cal...190 Sugars...5g Sodium...260mg  
 Fiber... 1g Carbs...13g Total Fat...6g  
 Protein...3g Sat Fat...3.5g Total Chol... 35mg  
 Trans-Fat...0g

### White Bean Posole Verde Soup

Allergens: None ✓ **Vg** Serving Size-8 oz.

Total Cal...70 Sugars...3g Sodium...135mg  
 Fiber... 3g Carbs...13g Total Fat...1.5g  
 Protein...3g Sat Fat...0g Total Chol... 0mg  
 Trans-Fat...0g

### Black Bean and Corn Quesadilla

Allergens: wheat, eggs, milk ✓ Serving Size-1 Sandwich

Total Cal...580 Sugars...6g Sodium...840mg  
 Fiber... 8g Carbs...86g Total Fat...18g  
 Protein...18g Sat Fat...6g Total Chol...25mg  
 Trans-Fat...0g



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## Tuesday Week I

### Lemon Baked Salmon

Allergens: Fish, Serving Size-I Fillet

Total Cal...150    Sugars...0g    Sodium...240mg  
 Fiber... 0g    Carbs...1g    Total Fat...6g  
 Protein...23g    Sat Fat...1.5g    Total Chol... 0mg  
 Trans-Fat...0g

### Naked Burrito Bowl

Allergens: milk, soy Serving Size-10 oz.

Total Cal...570    Sugars...17g    Sodium...2070mg  
 Fiber... 8g    Carbs...80g    Total Fat...19g  
 Protein...16g    Sat Fat...1.5g    Total Chol... 0mg  
 Trans-Fat...0g

### Stir Fry Vegetable and Rice

Allergens: None Serving Size-3/4 cup

Total Cal...150    Sugars...4g    Sodium...250mg  
 Fiber... 3g    Carbs...32g    Total Fat...0.5g  
 Protein...5g    Sat Fat...0g    Total Chol... 0mg  
 Trans-Fat...0g

### Lemon Parsley Yukon Gold Potatoes

Allergens: None Serving Size-3/4 cup

Total Cal...180    Sugars...2g    Sodium...40mg  
 Fiber... 3g    Carbs...25g    Total Fat...8g  
 Protein...3g    Sat Fat...0.5g    Total Chol...0mg  
 Trans-Fat...0g

### Sugar Snap Peas with Carrots

Allergens: None Serving Size-3/4 cup

Total Cal...50    Sugars...3g    Sodium...0mg  
 Fiber... 2g    Carbs...5g    Total Fat...0g  
 Protein...2g    Sat Fat...0g    Total Chol...0mg  
 Trans-Fat...0g

### Banana Nut Pancake

Allergens: Tree Nuts eggs, milk, wheat

Serving Size-I pancake

Total Cal...130    Sugars...3g    Sodium...200mg  
 Fiber... 3g    Carbs...24g    Total Fat...3.5g  
 Protein...4g    Sat Fat...0g    Total Chol... 5mg  
 Trans-Fat...0g

### Beef Dumpling Soup

Allergens: wheat, soy, eggs Serving Size-8 oz.

Total Cal...70    Sugars...1g    Sodium...370mg  
 Fiber... 1g    Carbs...9g    Total Fat...1.5g  
 Protein...5g    Sat Fat...0g    Total Chol...20mg  
 Trans-Fat...0g

### Cream of Mushroom Soup

Allergens: milk, wheat, soy Serving Size-8 oz.

Total Cal...120    Sugars...5g    Sodium...370mg  
 Fiber... 1g    Carbs...12g    Total Fat...1g  
 Protein...6g    Sat Fat...0g    Total Chol...0mg Trans-  
 Fat...0g

### BBQ Pulled Pork Sandwich

Allergens: Wheat Serving Size-I Sandwich

Total Cal...400    Sugars...16g    Sodium...560mg  
 Fiber...0g    Carbs...42g    Total Fat...15g  
 Protein...28g    Sat Fat...4g    Total Chol...90mg  
 Trans-Fat...0g





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## Wednesday Week I

### New Orleans Jambalaya

Allergens: Soy, Shellfish Serving Size-12 oz.

Total Cal...230 Sugars...4g Sodium...550mg  
Fiber... 2g Carbs...20g Total Fat...2g  
Protein...23g Sat Fat...2g Total Chol...90mg  
Trans-fat...0g

### Chicken Florentine

Allergens: None

Serving Size-I Breast/Spinach Garnish

Total Cal...230 Sugars...2g Sodium...125mg  
Fiber... 2g Carbs...7g Total Fat...9g  
Protein...28g Sat Fat...1.5g Total Chol... 70mg  
Trans-Fat...0g

### Capri Blend Vegetables

Allergens: None Serving Size-3/4 cup

Total Cal...50 Sugars...3g Sodium...0mg  
Fiber... 2g Carbs...5g Total Fat...0g  
Protein...2g Sat Fat...0g Total Chol... 0mg Trans-Fat...0g

### Fettuccini Alfredo

Allergens: Soy, Milk, Wheat Serving Size-6 oz.

Total Cal...210 Sugars...2g Sodium...300mg  
Fiber... 1g Carbs...32g Total Fat...6g  
Protein...7g Sat Fat...2g Total Chol...10mg  
Trans-Fat...0g

### Braised Mushrooms w/ Garlic and Peppers

Allergens: None Serving Size-3/4 cup

Total Cal...70 Sugars...1g Sodium...85mg  
Fiber...1g Carbs...3g Total Fat...4g  
Protein...2g Sat Fat...0.5g Total Chol... 0mg  
Trans-Fat...0g  
Protein...2g Sat Fat...0g Total Chol...0mg  
Trans-Fat...0g

### Cauliflower Cheese Soup

Allergens: wheat, soy, milk Serving Size-8 oz.

Total Cal...130 Sugars...5g Sodium...360mg  
Fiber...2g Carbs...12g Total Fat...5g  
Protein...8g Sat Fat...1.5g Total Chol...15mg  
Trans-Fat...0g

### Black Forest Lentil Soup

Allergens: Soy, Wheat Serving Size-8 oz.

Total Cal...70 Sugars...1g Sodium...550mg  
Fiber...1g Carbs...9g Total Fat...1.5g  
Protein...5g Sat Fat...0g Total Chol...20mg  
Trans-Fat...0g

### Blackberry Chicken Salad

Allergens: Tree nuts Serving Size-I salad

Total Cal...360 Sugars...19g Sodium...460mg  
Fiber... 13g Carbs...18g Total Fat...22g  
Protein...17g Sat Fat...0g Total Chol...40mg  
Trans-Fat...0g

### Teriyaki Turkey Burger

Allergens: wheat, soy, fish Serving Size-3/4 cup

Total Cal...340 Sugars...10g Sodium...570mg  
Fiber... 2g Carbs...32g Total Fat...9g  
Protein...35g Sat Fat...3g Total Chol...60mg  
Trans-Fat...0g



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## Thursday Week 1

### Roasted Turkey Breast

Allergens: None **G** Serving Size-4 oz.

Total Cal...120 Sugars...1g Sodium...130mg  
 Fiber... 0g Carbs...1g Total Fat...2.5g  
 Protein...23g Sat Fat...0.5g Total Chol...50mg  
 Trans-fat...0g

### Jerk Chicken Wrap

Allergens: Wheat, soy, tree nuts Serving Size- 1 wrap

Total Cal...660 Sugars...17g Sodium...1130mg  
 Fiber... 7g Carbs...63g Total Fat...27g  
 Protein...43g Sat Fat...8g Total Chol... 0mg  
 Trans-Fat...0g

### Honey Glazed Carrot and Bean Blend

Allergens: None **V G** Serving Size-3/4 Cup

Total Cal...100 Sugars...10g Sodium...320mg  
 Fiber... 3g Carbs...19g Total Fat...3g  
 Protein...1g Sat Fat...2g Total Chol...0mg  
 Trans-Fat...0g

### Fresh Mashed Potatoes

Allergens: **Vg G** Serving Size-1/2 cup

Total Cal...100 Sugars...2g Sodium...180mg  
 Fiber...2g Carbs...19g Total Fat...1g  
 Protein...3g Sat Fat...0g Total Chol... 0mg  
 Trans-Fat...0g

### Sage & Onion Dressing

Allergens: Wheat **V** Serving Size-1/2 cup

Total Cal...140 Sugars...5g Sodium...150mg  
 Fiber... 3g Carbs...23g Total Fat...3.5g  
 Protein...4g Sat Fat...1g Total Chol...0mg  
 Trans-Fat...0g

### Apple French Toast with Pecans

Allergens: Wheat, milk, eggs, tree nuts Serving Size 1 peice

Total Cal...330 Sugars...22g Sodium...310mg  
 Fiber... 3g Carbs...58g Total Fat...9g  
 Protein...8g Sat Fat...2g Total Chol...20mg  
 Trans-Fat...0g

### Cream of Chicken Soup

Allergens: Milk, Soy, Wheat Serving Size-8 oz.

Total Cal...130 Sugars...4g Sodium...360mg  
 Fiber... 1g Carbs...14g Total Fat...5g  
 Protein...8g Sat Fat...0g Total Chol...25mg  
 Trans-Fat...0g

### Vegan Seven Bean Soup

Allergens: Soy **Vg G** Serving Size-8 oz.

Total Cal...90 Sugars...2g Sodium...350mg  
 Fiber... 5g Carbs...16g Total Fat...0.5g  
 Protein...5g Sat Fat...0g Total Chol... 0mg Trans-  
 Fat...0g

### Blackjack Burger

Allergens: milk, wheat Serving Size-1 sandwich

Total Cal...400 Sugars...2g Sodium...570mg  
 Fiber... 1g Carbs...24g Total Fat...21g  
 Protein...27g Sat Fat...8g Total Chol...85mg  
 Trans-Fat...0g



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## Friday Week 1

### Bacon Bourbon BBQ Salmon

Allergens: Fish **G** Serving Size-1 Fillet

Total Cal...190 Sugars...2g Sodium...150mg  
 Fiber... 0g Carbs...3g Total Fat...9g  
 Protein...24g Sat Fat...1.5g Total Chol...50mg  
 Trans-fat...0g

### Roasted Brussels Sprouts w/ Cranberries

Allergens: None **Vg G** Serving Size-3/4 cup

Total Cal...140 Sugars...6g Sodium...70mg  
 Fiber... 11g Carbs...27g Total Fat...1g  
 Protein...4g Sat Fat...1g Total Chol... 0mg  
 Trans-Fat...0g

### Smoked Gouda and Chive Mashed Potatoes

Allergens: Milk **V G** Serving Size-1/2 Cup

Total Cal...100 Sugars...0g Sodium...75mg  
 Fiber... 3g Carbs...15g Total Fat...2g  
 Protein...4g Sat Fat...1g Total Chol...20mg  
 Trans-Fat...0g

### Beef Stroganoff w/ Rotini

Allergens: Wheat, Soy, Milk

Serving Size-10 oz./3/4 Cup Rotini

Total Cal...290 Sugars...2g Sodium...450mg  
 Fiber... 6g Carbs...47g Total Fat...9g  
 Protein...27g Sat Fat...2.5g Total Chol... 45mg  
 Trans-Fat...0g

### Fiesta Vegetable Blend

Allergens: None **Vg G** Serving Size-3/4 cup

Total Cal...60 Sugars...1g Sodium...85mg  
 Fiber...5g Carbs...11g Total Fat...0g  
 Protein...4g Sat Fat...0g Total Chol... 0mg  
 Trans-Fat...0g

### Whole Grain Rotini

Allergens: Wheat **Vg** Serving Size-1/2 cup

Total Cal...170 Sugars...2g Sodium...0mg  
 Fiber... 5g Carbs...33g Total Fat...2.5g  
 Protein...6g Sat Fat...0g Total Chol...0mg  
 Trans-Fat...0g

### Blueberry Waffle

Allergens: Wheat, eggs, milk **V** Serving Size- 1 Waffle

Total Cal...220 Sugars...12g Sodium...760mg  
 Fiber... 5g Carbs...47g Total Fat...2g  
 Protein...5g Sat Fat...1g Total Chol...5mg  
 Trans-Fat...0g

### Cheesy Seafood Chowder Soup

Allergens: Wheat, Milk, Soy, fish Serving Size-8 oz.

Total Cal...570 Sugars...4g Sodium...360mg  
 Fiber... 1g Carbs...16g Total Fat...4.5g  
 Protein...13g Sat Fat...1.5g Total Chol...45mg  
 Trans-Fat...0g

### Sweet Potato Red Bean Chili Soup

Allergens: Soy **Vg G** Serving Size-8 oz.

Total Cal...60 Sugars...3g Sodium...310mg  
 Fiber... 2g Carbs...12g Total Fat...0g  
 Protein...2g Sat Fat...0g Total Chol... 0mg  
 Trans-Fat...0g

### Greek Chicken Power Bowl w/Toasted Chickpeas

Allergens: Milk, Soy Serving Size-1 salad

Total Cal...370 Sugars...4g Sodium...440mg  
 Fiber... 3g Carbs...41g Total Fat...3g  
 Protein...33g Sat Fat...3g Total Chol...20mg  
 Trans-Fat...0g

### Sweet Chili Chicken Sandwich

Allergens: Wheat, Soy, Milk, Egg Serving Size-1 sandwich

Total Cal...370 Sugars...13g Sodium...760mg  
 Fiber...2g Carbs...46g Total Fat...7g  
 Protein...28g Sat Fat...1.5g Total Chol...150mg  
 Trans-Fat...0g