



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 January 8th - 19th

Monday

BREAKFAST: BANANA PECAN WHOLE GRAIN PANCAKES
SOUPS: POTATO AND CORN CHOWDER - VEGAN LENTIL
ENTREES: STUFFED PASTA W/ VEGETABLE RAGU
SESAME GRILLED CAULIFLOWER STEAK
SIDES: BROCCOLI FLORETS - SNAP PEAS W/ ALMONDS
BAKED ACORN SQUASH - BRAISED WHITE BEANS
CHEF'S FEATURE: CRUNCHY THAI NOODLE SALAD BOWL
GRILL: GRILLED CHEESE AND TOMATO ON SPROUTED GRAIN WHEAT

Tuesday

BREAKFAST: SOUS VIDE SMOKED SALMON EGG CUP
SOUPS: CHICKEN ENCHILADA - HEARTY VEGETABLE
ENTREES: LEMON BAKED SALMON
APPLE RAISIN STUFFED PORK LOIN
SIDES: MALIBU BLEND - ROASTED CAULIFLOWER W/ TOMATOES
GNOCCHI AND VEGETABLE SAUTÉ - ROASTED HEIRLOOM 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: SAUTÉED SUMMER SQUASH - WHOLE GREEN BEANS
WHITE CHEDDAR SCALLION DUCHESS POTATO
FARRO W/ FIRE GRILLED ARTICHOKE
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 APPLE WALNUT BARLEY - RUBY WILD RICE PILAF
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 - ITALIAN GREEN BEANS RED BEAN COUSCOUS - 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: VEGAN BREAKFAST QUINOA HASH
SOUPS: VEGETARIAN SPLIT PEA - ROASTED VEGETABLE
ENTREES: ROASTED VEGETABLE QUINOA CAKES
JAPANESE TOFU W/ BLACK BEAN SAUCE
SIDES: GRILLED YELLOW SQUASH - SAUTÉED SUPER GREENS
SOBA NOODLE STIR FRY - SESAME CARROTS AND BROCCOLI
CHEF'S FEATURE: GRILLED PORTOBELLO AND AMARANTH SALAD BOWL
GRILL: MUSHROOM SOURDOUGH MELT

Tuesday

BREAKFAST: WHOLE GRAIN PECAN PANCAKES
SOUPS: TASTES LIKE LASAGNA - RED BEAN AND BARLEY
ENTREES: TURKEY AND BEEF MEATBALLS W/ VEGETABLE SAUCE
HONEY GARLIC SALMON
SIDES: SWEET POTATO CAULIFLOWER MASH
FETTUCINI W/ VEGETABLE SAUCE - WHOLE GREEN BEANS
ROASTED BRUSSELS SPROUTS W/ CRANBERRIES
CHEF'S FEATURE: KOREAN BEEF STIR FRY
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 - SAUTÉED DELICATA SQUASH
ROASTED RED POTATOES W/ THYME - CAULIFLOWER RISOTTO
CHEF'S FEATURE: TURKEY CHEDDAR APPLE SALAD
GRILL: BLACK BEAN BURGER W/ MANGO SALSA



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Thursday

- BREAKFAST: BREAKFAST CASSEROLE
SOUPS: CHICKEN CHILI VERDE – BEEF BARLEY
ENTREES: CRANBERRY ORANGE ROAST TURKEY
HEARTY BEEF STEW
SIDES: ROASTED HEIRLOOM POTATOES – MAPLE CHILI BUTTERNUT SQUASH
WHEATBERRY QUINOA ORZO – SAUTÉED SPINACH AND GRAPE TOMATOES
CHEF’S FEATURE: THAI PEANUT CHICKEN
GRILL: CHIPOTLE CHICKEN 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 SANDWICH

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