



# 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 December 3<sup>rd</sup> - December 14<sup>th</sup>

### Monday

BREAKFAST:	WHOLE GRAIN CHOCOLATE CHIP PANCAKES
SOUPS:	DUCHESS CHEESE - ITALIAN TORTELLINI
ENTREES:	MUSHROOM RAVIOLI W/ ZUCCHINI BLUSH SAUCE TEX MEX ROASTED CORN ENCHILADA BAKE
SIDES:	FIESTA POTATOES - REFRIED BLACK BEANS POBLANO CHILI CORN BREAD MUFFIN - ITALIAN STYLE GREEN BEANS
CHEF'S FEATURE:	WATERMELON AND FETA SALAD
GRILL:	GRILLED PORTOBELLO AND PEPPER SANDWICH

### Tuesday

BREAKFAST:	HAM AND VEGGIE STRATA
SOUPS:	CHICKEN NOODLE - BEEF VEGETABLE
ENTREES:	CAPRESE CHICKEN W/ BALSAMIC GLAZE SHRIMP AND ASPARAGUS SEA BASS
SIDES:	TRI COLORED VEGETABLE COUSCOUS - ORANGE GLAZED BEETS KALE AND POTATO GRATIN - FRESH STEAMED BROCCOLI
CHEF'S FEATURE:	BOURBON STREET CHICKEN FAJITA
GRILL:	SLOPPY JOE SANDWICH

### Wednesday

BREAKFAST:	STRAWBERRY WAFFLE (MADE TO ORDER OMELETS AT CHEF'S FEATURE STATION)
SOUPS:	STUFFED GREEN PEPPER - WHITE CHICKEN CHILI
ENTREES:	SMOTHERED CHICKEN BREAST - VEGETABLE LASAGNA
SIDES:	GARLIC MOZZARELLA CIABATTA - WILD RICE BAKED POTATO WEDGES - GARDEN BLEND VEGETABLES
CHEF'S FEATURE:	MEDITERRANEAN STEAK SALAD
GRILL:	CALIFORNIA TURKEY BURGER



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## Thursday

**BREAKFAST:** ROASTED PEPPER EGG, AND SWISS ON SOURDOUGH  
**SOUPS:** CHEESY ASPARAGUS - LOUISIANA GUMBO  
**ENTREES:** HONEY CASHEW SALMON  
CHIMICHURRI FLANK STEAK  
**SIDES:** FIRE ROASTED TOMATO PILAF - GARLIC ROASTED RED POTATOES  
STEAMED GREEN BEANS - SAUTÉED YELLOW SQUASH W/ PEPPERS  
**CHEF'S FEATURE:** TACO SALAD BOWL  
**GRILL:** GRILLED CHICKEN PARMESAN SANDWICH

## Friday

**BREAKFAST:** ROAST BEEF HASH  
**SOUPS:** CLAM CHOWDER - MINISTRONE  
**ENTREES:** POT ROAST - POTATO CHEDDAR CRUSTED COD  
**SIDES:** YUKON GOLD MASHED POTATOES - ROASTED CARROTS  
BRAISED CABBAGE - MUSHROOMS W/ BROCCOLI AND WALNUTS  
**CHEF'S FEATURE:** CHICKEN CAESAR SALAD  
**GRILL:** MONTEREY CHICKEN 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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## Creekside Café

### Monday

**BREAKFAST:** STRAWBERRY FRENCH TOAST  
**SOUPS:** WHITE BEAN POSOLE VERDE – WISCONSIN CHEESE  
**ENTREES:** VEGAN CHILI STUFFED SWEET POTATO  
GNOCCHI AND WHITE CHEDDAR GRATIN  
**SIDES:** ROASTED SWEET POTATO – SAUTÉED GREENS W/ CHICKPEAS  
RAINBOW CARROTS – TOASTED GRAIN PILAF  
**CHEF'S FEATURE:** SPINACH AND MUSHROOM RAVIOLI SALAD  
**GRILL:** BLACK BEAN AVOCADO BURGER

### Tuesday

**BREAKFAST:** PECAN WAFFLE  
**SOUPS:** BEEF DUMPLING – CREAM OF MUSHROOM  
**ENTREES:** TERIYAKI CHICKEN – SPINACH AND CRANBERRY SALMON  
**SIDES:** BASMATI RICE PILAF – ROASTED POTATOES W/ THYME  
ROASTED BEETS, SQUASH, AND APPLES – 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:** CHICKEN FLORENTINE  
NEW ORLEANS JAMBALAYA W/ POBLANO CORN MUFFIN  
**SIDES:** LEMON PARSLEY FINGERLING POTATOES – SAUTÉED GREENS W/ TOMATOES  
FRESH ROASTED BROCCOLINI  
BRAISED MUSHROOMS WITH GARLIC AND PEPPERS  
**CHEF'S FEATURE:** SOUTHWEST CHICKEN SALAD  
**GRILL:** TERIYAKI TURKEY BURGER



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## Thursday

**BREAKFAST:** **BREAKFAST PIZZA**  
**SOUPS:** **VEGETARIAN 7 BEAN - CREAM OF CHICKEN RICE**  
**ENTREES:** **MEDITERRANEAN COD WITH GRILLED VEGETABLES**  
**OVEN ROASTED TURKEY BREAST**  
**SIDES:** **SAGE AND ONION DRESSING - MASHED RED SKIN POTATOES**  
**PARMESAN GREEN BEANS - 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:** **BACON BOURBON BBQ SALMON - BEEF STROGANOFF**  
**SIDES:** **WHOLE GRAIN ROTINI - SMOKED GOUDA AND CHIVE YUKON POTATOES**  
**ROASTED BRUSSELS SPROUTS W/ CRANBERRIES- MALIBU BLEND**  
**CHEF'S FEATURE:** **SEARED TUNA SALAD W/ RASPBERRY VINAIGRETTE**  
**GRILL:** **CHIPOTLE CHICKEN SANDWICH**

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