

BLUE RIBBON BISTRO MENU



Menu item & prices subject to change based on item availability. **BREAKFAST** ■ = Eat Often ■ = Eat Occasionally ■ = Eat Rarely

	SUN	MON	TUES	WED	THURS	FRI	SAT
Eggs & Meat	<ul style="list-style-type: none"> ■ Assorted Eggs ■ Bacon ■ Pork Sausage 	<ul style="list-style-type: none"> ■ Assorted Eggs ■ Chicken Sausage ■ Breakfast Steak ■ Sausage Gravy ■ Bacon 	<ul style="list-style-type: none"> ■ Turkey TX Hash ■ Turkey Sausage Gravy ■ Assorted Eggs ■ Turkey Bacon ■ Bacon ■ Pork Sausage Links 	<ul style="list-style-type: none"> ■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon ■ Smoked Sausage 	<ul style="list-style-type: none"> ■ Turkey Sausage Gravy ■ Assorted Eggs ■ Turkey Sausage Patty ■ Pork Sausage Patty ■ Corned Beef Hash ■ Bacon 	<ul style="list-style-type: none"> ■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon ■ Country Pork Sausage 	<ul style="list-style-type: none"> ■ Assorted Eggs ■ Bacon ■ Pork Sausage
Starches & Sides	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Hash Brown ■ Biscuit ■ Pancake 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit ■ Ham, Egg & Cheese Croissant 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Breakfast Taco ■ Home Fried Potatoes ■ Cinnamon Twist 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit ■ Hash Brown Breakfast Sandwich 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Hash Brown ■ Biscuit ■ Cinnamon Roll 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Sausage, Egg, & Cheese Biscuit ■ Apple Turnover 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Hash Brown ■ Biscuit ■ French Toast Sticks

PERFORMANCE BAR

OPEN MON-FRI FOR BREAKFAST & LUNCH • CLOSED ON HOLIDAYS & WEEKENDS

Breakfast	Breakfast Parfait Bar includes yogurts & assorted toppings
Lunch	Salad Bar: assorted leafy greens, vegetables, toppings, & dressings

SHORT ORDER GRILL

Breakfast	Made to Order Eggs & Omelets Egg substitute available upon request
Lunch & Dinner	<ul style="list-style-type: none"> <li style="width: 33%;">■ Veggie Burger <li style="width: 33%;">■ Grilled Chicken Sandwich <li style="width: 33%;">■ Grilled Cheese <li style="width: 33%;">■ French Fries <li style="width: 33%;">■ Turkey Burger <li style="width: 33%;">■ Hamburger <li style="width: 33%;">■ Grilled Ham & Cheese <li style="width: 33%;">■ Sweet Potato Fries <li style="width: 33%;">■ Salmon Burger <li style="width: 33%;">■ Cheeseburger <li style="width: 33%;">■ Hot Dog <p>(Fries available at lunch Mon.-Friday)</p>

GRAB N GO

Assorted Sandwiches & Wraps Specialty Salads	Assorted Small Bites & Yogurts Fresh Fruit Cups	Hummus & Guacamole Cups Chips & Pretzels	Fresh Baked Cookies Assorted Beverages
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BLUE RIBBON BISTRO MENU



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WEEK 1

■ = Eat Often ■ = Eat Occasionally ■ = Eat Rarely

	SUN	MON	TUES	WED	THURS	FRI	SAT
	10 MAY	11 MAY	12 MAY	13 MAY	14 MAY	15 MAY	16 MAY

LUNCH

	SUN	MON	TUES	WED	THURS	FRI	SAT
Entrée	<ul style="list-style-type: none"> ■ Baked Turkey & Noodles (534 kcals, 32 g Pro, 28 g Fat, 40 g CHO) ■ Oven Fried Pork Chop (342 kcals, 25 g Pro, 17 g Fat, 21 g CHO) 	<ul style="list-style-type: none"> ■ Chicken Scallopini (352 kcals, 36 g Pro, 17 g Fat, 12 g CHO) ■ Shrimp Alfredo (600 kcals, 24 g Pro, 33 g Fat, 43 g CHO) ■ Tuscan Spareribs (492 kcals, 27 g Pro, 42 g Fat, 1 g CHO) 	<ul style="list-style-type: none"> ■ Stuffed Bell Peppers (288 kcals, 18 g Pro, 9 g Fat, 35 g CHO) ■ Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO) 	<ul style="list-style-type: none"> ■ Roast Turkey (162 kcals, 25 g Pro, 8 g Fat, <1 g CHO) ■ Chicken Pot Pie (385 kcals, 23 g Pro, 12 g Fat, 48 g CHO) ■ Shrimp & Cheesy Grits (444 kcals, 17 g Pro, 26 g Fat, 28 g CHO) 	<ul style="list-style-type: none"> ■ Healthy Chicken Stir-Fry (235 kcals, 26 g Pro, 7 g Fat, 18 g CHO) ■ Cantonese Spareribs (510 kcals, 36 g Pro, 32 g Fat, 19 g CHO) 	<ul style="list-style-type: none"> ■ Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO) ■ Beef Brisket (632 kcals, 42 g Pro, 50 g Fat, 7 g CHO) ■ Cajun Crusted Catfish (255 kcals, 22 g Pro, 1 g Fat, 39 g CHO) 	<ul style="list-style-type: none"> ■ Chicken Alfredo (546 kcals, 34 g Pro, 27 g Fat, 43 g CHO) ■ Glazed Meatloaf (330 kcals, 29 g Pro, 14 g Fat, 18 g CHO)
Starches, Sides & Soup	<ul style="list-style-type: none"> ■ Roasted Baby Carrots ■ Collard Greens ■ Oven Roasted Potatoes ■ Rice Pilaf 	<ul style="list-style-type: none"> ■ Roasted Broccoli ■ Sauteed Zucchini ■ Parsley Potatoes ■ Herbed Brown Rice ■ Toscana Soup 	<ul style="list-style-type: none"> ■ Fresh Green Beans ■ Mexican Corn ■ Potatoes O'Brien ■ Jalapeno Brown Rice ■ Chicken Tortilla Soup 	<ul style="list-style-type: none"> ■ Roasted Baby Carrots ■ Sauteed Asparagus ■ Steamed Rice ■ Baked Mac & Cheese ■ Chicken Noodle Soup 	<ul style="list-style-type: none"> ■ Caribbean Cabbage ■ Seasoned Green Beans ■ Asian Noodle Stir-fry ■ Chicken & Veg. Potstickers ■ Mulligatawny Soup 	<ul style="list-style-type: none"> ■ Sauteed Brussel Sprouts ■ Baby Carrots w/ Thyme ■ Corn on the Cob ■ Garlic Mashed Potatoes ■ Vegetable Beef Soup 	<ul style="list-style-type: none"> ■ Roasted Asparagus ■ Herbed Green Beans ■ Parsley Potatoes ■ Hawaiian Roll

DINNER

	SUN	MON	TUES	WED	THURS	FRI	SAT
Entrée	<ul style="list-style-type: none"> ■ Roast Turkey (162 kcals, 25 g Pro, 8 g Fat, <1 g CHO) ■ Salisbury Steak w/Gravy (272 kcals, 15 g Pro, 20 g Fat, 12 g CHO) 	<ul style="list-style-type: none"> ■ Beef Chili Mac (357 kcals, 23 g Pro, 11 g Fat, 42 g CHO) ■ Chicken Tacos (425 kcals, 32 g Pro, 18 g Fat, 29 g CHO) 	<ul style="list-style-type: none"> ■ Baked Spaghetti (457 kcals, 26 g Pro, 12 g Fat, 60 g CHO) ■ Chicken Cordon Bleu (430 kcals, 32 g Pro, 26 g Fat, 17 g CHO) 	<ul style="list-style-type: none"> ■ Chicken Giardino (359 kcals, 23 g Pro, 11 g Fat, 45 g CHO) ■ Breaded Pork Chops (600 kcals, 28 g Pro, 44 g Fat, 32 g CHO) 	<ul style="list-style-type: none"> ■ Cucumber Dill Salmon (309 kcals, 43 g Pro, 13 g Fat, 2 g CHO) ■ Oven Fried Chicken Qtr (580 kcals, 28 g Pro, 44 g Fat, 19 g CHO) 	<ul style="list-style-type: none"> ■ Beef & Broccoli (190 kcals, 18 g Pro, 6 g Fat, 19 g CHO) ■ Thai Chicken Wing 1ea. (132 kcals, 7 g Pro, 8 g Fat, 9 g CHO) 	<ul style="list-style-type: none"> ■ Asian BBQ Chicken (295 kcals, 34 g Pro, 10 g Fat, 17 g CHO) ■ Beef Yakisoba (405 kcals, 31 g Pro, 13 g Fat, 37 g CHO)
Starches & Sides	<ul style="list-style-type: none"> ■ Roasted Cauliflower ■ Fresh Green Beans ■ Sweet Potato Wedges ■ Cornbread Dressing 	<ul style="list-style-type: none"> ■ Normandy Veg. Blend ■ Asparagus & Onions ■ Refried Beans ■ Mexican Brown Rice 	<ul style="list-style-type: none"> ■ Peas & Carrots ■ Garlic Roasted Broccoli ■ Bowtie Pasta ■ Garlic Mashed Potatoes 	<ul style="list-style-type: none"> ■ Herbed Green Beans ■ Potato Wedges ■ Cinnamon Apples ■ Steamed Rice 	<ul style="list-style-type: none"> ■ New Brunswick Veg. Blend ■ Collard Greens ■ Wild Rice ■ Rosemary Roasted Potatoes 	<ul style="list-style-type: none"> ■ Mandarin Veg. Stir Fry ■ Snow Peas & Carrots ■ Sweet Potato Wedges ■ Vegetable Fried Rice 	<ul style="list-style-type: none"> ■ Squash/Zucchini ■ Mixed Veg. Stir-Fry ■ Brown Rice

BLUE RIBBON BISTRO MENU



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WEEK 2

■ = Eat Often ■ = Eat Occasionally ■ = Eat Rarely

	SUN	MON	TUES	WED	THURS	FRI	SAT
	17 MAY	18 MAY	19 MAY	20 MAY	21 MAY	22 MAY	23 MAY

LUNCH

Entrée	<p>■ Braised Beef Cubes (251 kcals, 38 g Pro, 8 g Fat, 9 g CHO)</p> <p>■ Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</p>	<p>■ Chicken Gacciatore (295 kcals, 42 g Pro, 10 g Fat, 7 g CHO)</p> <p>■ Lemon Garlic Shrimp (229 kcals, 12 g Pro, 14 g Fat, 3 g CHO)</p> <p>■ Italian Pork Chop (255 kcals, 24 g Pro, 16 g Fat, 4 g CHO)</p>	<p>■ Southwestern Salmon (264 kcals, 42 g Pro, 8 g Fat, 2 g CHO)</p> <p>■ Beef Enchiladas (395 kcals, 24 g Pro, 17 g Fat, 34 g CHO)</p>	<p>■ Ginger Soy Catfish</p> <p>■ Hawaiian Chicken</p> <p>■ Kalua Pulled Pork</p> <p>■ Korean Spinach</p> <p>■ Adobo Green Beans</p> <p>■ Sweet Plantain</p> <p>■ Coconut Rice & Black Beans</p> <p>■ Hawaiian Pasta Salad</p>	<p>■ Oven Fried Chicken Qtr (580 kcals, 28 g Pro, 44 g Fat, 19 g CHO)</p> <p>■ Sam's Spareribs (568 kcals, 27 g Pro, 40 g Fat, 25 g CHO)</p>	<p>■ Lemon Pepper Tilipia (152 kcals, 26 g Pro, 5 g Fat, <1 g CHO)</p> <p>■ Baked Turkey & Noodles (534 kcals, 32 g Pro, 28 g Fat, 40 g CHO)</p>	<p>■ Chicken Pot Pie (385 kcals, 23 g Pro, 12 g Fat, 48 g CHO)</p> <p>■ Beef Pot Roast (340 kcals, 42 g Pro, 20 g Fat, 0 g CHO)</p>	
Starches, Sides & Soup	<p>■ Roasted Carrots</p> <p>■ Steamed Broccoli</p> <p>■ Steamed Rice</p> <p>■ Egg Noodles</p>	<p>■ Italian Veg. Blend</p> <p>■ Sauteed Asparagus</p> <p>■ Linguine</p> <p>■ Garlic Mashed Potatoes</p> <p>■ Minestrone Soup</p>	<p>■ Steamed Broccoli</p> <p>■ Cabbage w/ Peppers</p> <p>■ Borracho Beans</p> <p>■ Jalapeno Cornbread</p> <p>■ Chicken Tortilla Soup</p>			<p>■ Collard Greens</p> <p>■ Dill Squash</p> <p>■ Steamed Rice</p> <p>■ Baked Mac & Cheese</p> <p>■ Louisiana Cornbread</p> <p>■ Chicken Noodle Soup</p>	<p>■ Asparagus</p> <p>■ Malibu Veg. Blend</p> <p>■ Parsley Potatoes</p> <p>■ Greek Rice</p> <p>■ Vegetable Beef Soup</p>	<p>■ Collard Greens</p> <p>■ Peas & Pearl Onion</p> <p>■ Mashed Potatoes</p> <p>■ Parkerhouse Roll</p>

DINNER

Entrée	<p>■ Spinach Lasagna (291 kcals, 20 g Pro, 9 g Fat, 35 g CHO)</p> <p>■ Chicken Primavera (246 kcals, 25 g Pro, 6 g Fat, 24 g CHO)</p>	<p>■ Citrus Herb Chicken (213 kcals, 28 g Pro, 8 g Fat, 6 g CHO)</p> <p>■ Potato Crusted Cod (242 kcals, 24 g Pro, 8 g Fat, 15 g CHO)</p>	<p>■ Asian BBQ Chicken (295 kcals, 34 g Pro, 10 g Fat, 17 g CHO)</p> <p>■ Beef Pepper Steak (156 kcals, 25 g Pro, 4 g Fat, 6 g CHO)</p>	<p>■ Roast Turkey (162 kcals, 25 g Pro, 8 g Fat, <1 g CHO)</p> <p>■ Baked Spareribs (468 kcals, 34 g Pro, 35 g Fat, 3 g CHO)</p>	<p>■ Teriyaki Salmon (273 kcals, 42 g Pro, 9 g Fat, 4 g CHO)</p> <p>■ Mongolian Beef (291 kcals, 32 g Pro, 12 g Fat, 12 g CHO)</p>	<p>■ Apple Glazed Pork Loin (284 kcals, 31 g Pro, 11 g Fat, 15 g CHO)</p> <p>■ Country Style Steak (360 kcals, 19 g Pro, 17 g Fat, 34 g CHO)</p>	<p>■ Lemon Baked Cod (147 kcals, 31 g Pro, 2 g Fat, <1 g CHO)</p> <p>■ Chicken Alfredo (546 kcals, 34 g Pro, 27 g Fat, 43 g CHO)</p>	
Starches & Sides	<p>■ Roasted Carrots</p> <p>■ Sautéed Brussel Sprouts</p> <p>■ Rice Pilaf</p> <p>■ Bowtie Pasta</p>	<p>■ New Brunswick Veg. Blend</p> <p>■ Zucchini & Squash</p> <p>■ Steamed Rice</p> <p>■ Mashed Potatoes</p>	<p>■ Mandarin Veg. Stir Fry</p> <p>■ Roasted Cauliflower</p> <p>■ Steamed Rice</p> <p>■ Egg Noodles</p>	<p>■ Normandy Veg. Blend</p> <p>■ Lyonnaise Green Beans</p> <p>■ Rice Pilaf</p> <p>■ Mashed Potatoes</p>	<p>■ Sesame Green Beans</p> <p>■ Mandarin Veg. Stir Fry</p> <p>■ Brown Rice</p>	<p>■ Roasted Squash</p> <p>■ Herbed Green Beans</p> <p>■ Brown Rice</p> <p>■ Mac & Cheese</p>	<p>■ Bermuda Veg. Blend</p> <p>■ Steamed Spinach</p> <p>■ Sw. Potato Wedges</p> <p>■ Steamed Rice</p>	

BLUE RIBBON BISTRO MENU



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WEEK 3

■ = Eat Often ■ = Eat Occasionally ■ = Eat Rarely

	SUN	MON	TUES	WED	THURS	FRI	SAT
	24 MAY	25 MAY	26 MAY	27 MAY	28 MAY	29 MAY	30 MAY

LUNCH

	SUN	MON	TUES	WED	THURS	FRI	SAT
Entrée	<ul style="list-style-type: none"> ■ Honey BBQ Chicken (443 kcals, 43 g Pro, 9 g Fat, 48 g CHO) ■ Roasted Pork Loin (170 kcals, 24 g Pro, 9 g Fat, 0 g CHO) 	<ul style="list-style-type: none"> ■ Chicken Vega (623 kcals, 34 g Pro, 33 g Fat, 48 g CHO) ■ Hamburger Steak (528 kcals, 27 g Pro, 46 g Fat, 3 g CHO) 	<ul style="list-style-type: none"> ■ Cajun Pork Loin (191 kcals, 24 g Pro, 10 g Fat, 0 g CHO) ■ Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO) 	<ul style="list-style-type: none"> ■ Italian Roast Turkey (171 kcals, 25 g Pro, 8 g Fat, <1 g CHO) ■ Beef Lasagna (567 kcals, 41 g Pro, 26 g Fat, 42 g CHO) 	<ul style="list-style-type: none"> ■ Teriyaki Chicken (214 kcals, 29 g Pro, 6 g Fat, 11 g CHO) ■ Beef Szechuan (335 kcals, 18 g Pro, 18 g Fat, 27 g CHO) 	<ul style="list-style-type: none"> ■ Garlic Lemon Cod (201 kcals, 21 g Pro, 7 g Fat, 13 g CHO) ■ Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO) 	<ul style="list-style-type: none"> ■ Chicken Parmesan (318 kcals, 23 g Pro, 10 g Fat, 33 g CHO) ■ Baked Spaghetti (457 kcals, 26 g Pro, 12 g Fat, 60 g CHO)
Starches, Sides & Soup	<ul style="list-style-type: none"> ■ Collard Greens ■ Steamed Broccoli ■ Mashed Potatoes ■ Steamed Rice 	<ul style="list-style-type: none"> ■ Sautéed Cabbage ■ Roasted Squash ■ Wild Rice ■ Potato Soup 	<ul style="list-style-type: none"> ■ Zucchini w/Garlic & Onions ■ Corn Hacienda ■ Cilantro Lime Rice ■ Chicken Tortilla Soup 	<ul style="list-style-type: none"> ■ Roasted Italian Vegetables ■ Herbed Green Beans ■ Brown Rice ■ Garlic Breadstick ■ Italian Wedding Soup 	<ul style="list-style-type: none"> ■ Mandarin Stir-Fry Veg. ■ Kung Pao Brussel Sprouts ■ Sweet Potato Wedges ■ Mulligatawny Soup 	<ul style="list-style-type: none"> ■ Roasted Carrots ■ Sautéed Zucchini w/ Onions ■ Greek Roasted Potato Wedges ■ Rice Pilaf w/Orzo ■ Vegetable Beef Soup 	<ul style="list-style-type: none"> ■ Italian Veg. Blend ■ Sautéed Broccoli ■ Linguine ■ Garlic Bread

DINNER

	SUN	MON	TUES	WED	THURS	FRI	SAT
Entrée	<ul style="list-style-type: none"> ■ Chicken Cacciatore (295 kcals, 42 g Pro, 10 g Fat, 7 g CHO) ■ Cheese Pizza (380 kcals, 13 g Pro, 16 g Fat, 45 g CHO) 	<ul style="list-style-type: none"> ■ Rosemary Chicken Qtr (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO) ■ Baked Penne (388 kcals, 28 g Pro, 18 g Fat, 30 g CHO) 	<ul style="list-style-type: none"> ■ Szechuan Chicken Qtr (407 kcals, 27 g Pro, 28 g Fat, 14 g CHO) ■ Korean Pork Ribs (462 kcals, 34 g Pro, 33 g Fat, 5 g CHO) 	<ul style="list-style-type: none"> ■ BBQ Chicken Qtr (447 kcals, 26 g Pro, 27 g Fat, 25 g CHO) ■ Beef Brisket Sandwich (735 kcals, 55 g Pro, 21 g Fat, 81 g CHO) 	<ul style="list-style-type: none"> ■ Oven Fried Chicken Qtr (580 kcals, 28 g Pro, 44 g Fat, 19 g CHO) ■ Smoked Sausage w/Peppers & Onions (523 kcals, 18 g Pro, 45 g Fat, 14 g CHO) 	<ul style="list-style-type: none"> ■ Mongolian Chicken (293 kcals, 23 g Pro, 5 g Fat, 39 g CHO) ■ BBQ Pork Rib Sandwich (602 kcals, 44 g Pro, 20 g Fat, 56 g CHO) 	<ul style="list-style-type: none"> ■ Baked Chicken Qtr (352 kcals, 26 g Pro, 27 g Fat, <1 g CHO) ■ Swedish Meatballs (393 kcals, 24 g Pro, 28 g Fat, 11 g CHO)
Starches & Sides	<ul style="list-style-type: none"> ■ Italian Veg. Blend ■ Roasted Squash ■ Linguine ■ Garlic Bread 	<ul style="list-style-type: none"> ■ Peas & Carrots ■ Sautéed Spinach ■ Garlic Mashed Potatoes ■ Hawaiian Roll 	<ul style="list-style-type: none"> ■ Sautéed Green Beans ■ Peas & Carrots ■ Paprika Potatoes ■ Jasmine Rice 	<ul style="list-style-type: none"> ■ Collard Greens ■ Glazed Baby Carrots ■ Rice Pilaf ■ Texas Toast 	<ul style="list-style-type: none"> ■ Sautéed Cabbage ■ Seasoned Green Beans ■ Parsley Potatoes ■ Steamed Rice 	<ul style="list-style-type: none"> ■ Normandy Veg. Blend ■ Garlic Roasted Broccoli ■ Brown Rice ■ Mashed Potatoes 	<ul style="list-style-type: none"> ■ Asparagus ■ Peas & Carrots ■ Brown Rice ■ Egg Noodles