

BLUE RIBBON BISTRO MENU



BREAKFAST

■ = Eat Often

■ = Eat Occasionally

■ = Eat Rarely

	SUN	MON	TUES	WED	THURS	FRI	SAT
Eggs & Meat	■ Assorted Eggs ■ Bacon ■ Pork Sausage	■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon ■ Pork Sausage	■ Turkey TX Hash ■ Creamed Ground Turkey ■ Assorted Eggs ■ Turkey Bacon ■ Bacon ■ Pork Sausage Links	■ Grilled Chicken Breast ■ Assorted Eggs ■ Ham Slice ■ Chicken Sausage ■ Sausage Gravy ■ Bacon	■ Creamed Ground Turkey ■ Assorted Eggs ■ Turkey Sausage ■ Corned Beef Hash ■ Bacon ■ Pork Sausage	■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon ■ Pork Sausage	■ Assorted Eggs ■ Bacon ■ Pork Sausage
Starches & Sides	■ Fresh Fruit ■ Hash Brown ■ Biscuit	■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit	■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit	■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit	■ Fresh Fruit ■ Assorted Veg. ■ Hash Brown ■ Biscuit	■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit	■ Fresh Fruit ■ Hash Brown ■ Biscuit

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	■ Veggie Burger ■ Turkey Burger ■ Salmon Burger	■ Grilled Chicken Sandwich ■ Hamburger ■ Cheeseburger	■ Grilled Cheese ■ Grilled Ham & Cheese ■ Hot Dog

■ French Fries
■ Sweet Potato Fries

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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Menu item & prices subject to change based on item availability.

BLUE RIBBON BISTRO MENU



WEEK 1

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

	SUN	MON	TUES	WED	THURS	FRI	SAT
	26 MAY	27 MAY	28 MAY	29 MAY	30 MAY	31 MAY	01 JUNE

LUNCH

Entrée	■ Pork Chops (347 kcals, 25 g Pro, 17 g Fat, 21 g CHO) ■ BBQ Chicken (583 kcals, 35 g Pro, 37 g Fat, 28 g CHO)	■ Cheese Tortellini (404 kcals, 16 gm Pro, 9 g Fat, 65 g CHO) ■ Chicken Scallopini (326 kcals, 34 g Pro, 15 g Fat, 14 g CHO)	■ Stuffed Bell Peppers (259 kcals, 19 gm Pro, 10 g Fat, 25 g CHO) ■ Mexican Chicken (361 kcals, 26 gm Pro, 28 g Fat, 2 g CHO) ■ Pork Carnitas (726 kcals, 34 gm Pro, 55 g Fat, 19 g CHO)	■ Lemon Butter Tilapia (140 kcals, 24 g Pro, 5 g Fat, <1 g CHO) ■ Chicken Pot Pie (327 kcals, 22 g Pro, 10 g Fat, 38 g CHO) ■ Shrimp & Cheesy Grits (423 kcals, 17g Pro, 24 g Fat, 28 g CHO) ■ Smothered Pork Chop (356 kcals, 23 g Pro, 21 g Fat, 18 g CHO)	■ Kung Pao Chicken (178 kcals, 19 gm Pro, 6 g Fat, 11 g CHO) ■ Mongolian Beef (203 kcals, 21 gm Pro, 9 g Fat, 9 g CHO) ■ Ginger Butter Fish (245 kcals, 25 g Pro, 15 g Fat, 1 g CHO)	■ Cajun Crusted Catfish (443 kcals, 41 g Pro, 10 g Fat, 45 g CHO) ■ Turkey & Noodle Bake (546 kcals, 37 g Pro, 25 g Fat, 46 g CHO) ■ Beef Pot Roast (300 kcals, 23 g Pro, 22 g Fat, 3 g CHO)	■ Chicken Alfredo (347 kcals, 22 g Pro, 10 g Fat, 37 g CHO) ■ Meatloaf (324 kcals, 29g Pro, 14 g Fat, 18 g CHO)
Starches & Sides	■ Collard Greens ■ Roasted Baby Carrots ■ Oven Roasted Potato ■ Rice Pilaf	■ Garlic Roasted Broccoli ■ Sauteed Zucchini ■ Parsley Potatoes ■ Herbed Brown Rice	■ Fresh Green Beans ■ Mexican Corn ■ Paprika Potatoes ■ Jalapeno Brown Rice	■ Roasted Baby Carrots ■ Sauteed Asparagus ■ Mashed Potatoes ■ Baked Mac & Cheese	■ Sesame Green Beans ■ Teriyaki Broccoli ■ Asian Stir-Fry Noodles ■ Egg Rolls	■ Brussel Sprouts ■ Baby Carrots ■ Orzo w/Lemon & Herbs ■ Garlic Mashed Potatoes	■ Herbed Green Beans ■ Roasted Asparagus ■ Parsley Potatoes ■ Hawaiian Roll

DINNER

Entrée	■ Lemon Baked Cod (155 kcals, 30 g Pro, 4 g Fat, <1 g CHO) ■ Fried Chicken (520 kcals, 28 g Pro, 39 g Fat, 12 g CHO)	■ Beef Chili Mac (354 kcals, 23 g Pro, 11 g Fat, 42 g CHO) ■ Chicken Taco (481 kcals, 44 g Pro, 19 g Fat, 33 g CHO)	■ Spaghetti w/ Meat Sauce (458 kcals, 27 g Pro, 13 g Fat, 56 g CHO) ■ Chicken Piccata (615 kcals, 42 g Pro, 43 g Fat, 14 g CHO)	■ Roast Turkey (199 kcals, 32 g Pro, 9 g Fat, 0 g CHO) ■ Chicken Vega (620 kcals, 34 g Pro, 33 g Fat, 45 g CHO)	■ Salmon w/ Summer Salsa (256 kcals, 39 g Pro, 9 g Fat, 2 g CHO) ■ Salisbury Steak (254 kcals, 18 g Pro, 16 g Fat, 11 g CHO)	■ Chinese 5 Spice Ckn (361 kcals, 27 g Pro, 27 g Fat, 2 g CHO) ■ Beef & Broccoli (215 kcals, 19 g Pro, 8 g Fat, 18 g CHO)	■ Beef Yakisoba (403 kcals, 32 g Pro, 13 g Fat, 38 g CHO) ■ Asian BBQ Chicken (305 kcals, 32 g Pro, 12 g Fat, 16 g CHO)
Starches & Sides	■ Peas & Carrots ■ Sauteed Zucchini ■ Roasted Potatoes ■ Sweet Potato Wedges	■ Steamed Broccoli ■ Sauteed Asparagus ■ Refried Beans ■ Mexican Rice	■ Herbed Green Beans ■ Garlic Roasted Broccoli ■ Bowtie Pasta ■ Garlic Mashed Potatoes	■ Roasted Summer Squash ■ Herbed Green Beans ■ Potato Wedges ■ Hawaiian Roll	■ Wild Rice ■ Roasted Potatoes ■ Peas & Carrots ■ Collard Greens	■ Ginger Glazed Carrots ■ Mandarin Veg. Stir Fry ■ Brown Rice ■ Teriyaki Sweet Potatoes	■ Ginger Carrots ■ Mandarin Vegetable ■ Brown Rice

BLUE RIBBON BISTRO MENU



WEEK 2

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

	SUN	MON	TUES	WED	THURS	FRI	SAT
	02 JUNE	03 JUNE	04 JUNE	05 JUNE	06 JUNE	07 JUNE	08 JUNE

LUNCH

Entrée	<p>■ Baked Tuna & Noodles (456 kcals, 32 g Pro, 17 g Fat, 43 g CHO)</p> <p>■ Beef Tips w/ Mushroom Gravy (168 kcals, 18 g Pro, 7 g Fat, 6 g CHO)</p>	<p>■ Chicken Giardino (363 kcals, 25 g Pro, 11 g Fat, 44 g CHO)</p> <p>■ Shrimp Scampi (288 kcals, 13 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 (245 kcals, 39 g Pro, 8 g Fat, 2 g CHO)</p> <p>■ Spicy Garlic Lime Chicken (429 kcals, 26 g Pro, 33 g Fat, 9 g CHO)</p> <p>■ Beef Enchiladas (368 kcals, 21 g Pro, 15 g Fat, 39 g CHO)</p>	<p>■ Potato Crusted Cod (240 kcals, 23 g Pro, 8 g Fat, 16 g CHO)</p> <p>■ Oven Fried Chicken (583 kcals, 28 g Pro, 44 g Fat, 18 g CHO)</p> <p>■ Sam's Rub Pork Spareribs (531 kcals, 33 g Pro, 29 g Fat, 35 g CHO)</p>	<p>■ Mahi Mahi w/Red Pepper (240 kcals, 34 g Pro, 5 g Fat, 11 g CHO)</p> <p>■ Jerk Chicken (412 kcals, 26 g Pro, 32 g Fat, 5 g CHO)</p> <p>■ Kahlua Style Pulled Pork (591 kcals, 30 g Pro, 46 g Fat, 13 g CHO)</p>	<p>■ Tilapia w/ Lemon Butter (140 kcals, 24 g Pro, 5 g Fat, <1 g CHO)</p> <p>■ Savory Greek Chicken (434 kcals, 26 g Pro, 37 g Fat, 1 g CHO)</p> <p>■ Beef Stroganoff (268 kcals, 23 g Pro, 15 g Fat, 9 g CHO)</p>	<p>■ Ranch Chicken Pasta (424 kcals, 28 g Pro, 15 g Fat, 51 g CHO)</p> <p>■ Meatball Sub (683 kcals, 41 g Pro, 32 g Fat, 60 g CHO)</p>
Starches & Sides	<p>■ Roasted Baby Carrots</p> <p>■ Steamed Broccoli</p> <p>■ Whole Grain Roll</p> <p>■ Egg Noodles</p>	<p>■ Herbed Brown Rice</p> <p>■ Sauteed Asparagus</p> <p>■ Ratatouille</p> <p>■ Garlic Mashed Potatoes</p>	<p>■ Sautéed cabbage</p> <p>■ Hacienda Corn</p> <p>■ Cilantro Lime Rice</p> <p>■ Jalapeno Cornbread</p>	<p>■ Pinto Beans</p> <p>■ Collard Greens</p> <p>■ Loaded Mashed Potatoes</p> <p>■ Baked Mac & Cheese</p>	<p>■ Black Beans</p> <p>■ Fresh Green Beans</p> <p>■ Teriyaki Sweet Potatoes</p> <p>■ Steamed Rice</p>	<p>■ Asparagus</p> <p>■ Roasted Cauliflower</p> <p>■ Parsley Buttered Potatoes</p> <p>■ Orzo w/ Lemon and Herb</p>	<p>■ Green Beans</p> <p>■ Summer Squash</p> <p>■ Garlic Bread</p> <p>■ Tater Tots</p>

DINNER

Entrée	<p>■ Teriyaki Salmon (280 kcals, 45 g Pro, 9 g Fat, 2 g CHO)</p> <p>■ Mongolian Beef (203 kcals, 21 g Pro, 9 g Fat, 9 g CHO)</p>	<p>■ Swedish Meatballs (378 kcals, 23 g Pro, 28 g Fat, 11 g CHO)</p> <p>■ Potato Crusted Cod (240 kcals, 23 g Pro, 8 g Fat, 16 g CHO)</p>	<p>■ Spinach Lasagna (291 kcals, 21 g Pro, 9 g Fat, 35 g CHO)</p> <p>■ Chicken Primavera (230 kcals, 22 g Pro, 6 g Fat, 24 g CHO)</p>	<p>■ Texas Turkey Hash (249 kcals, 19 g Pro, 10 g Fat, 21 g CHO)</p> <p>■ Smothered Pork Chop (356 kcals, 23 g Pro, 21 g Fat, 18 g CHO)</p>	<p>■ Beef Yakisoba (403 kcals, 32 g Pro, 13 g Fat, 37 g CHO)</p> <p>■ Asian BBQ Chicken (305 kcals, 33 g Pro, 12 g Fat, 16 g CHO)</p>	<p>■ Lemon Baked Cod (155 kcals, 30 g Pro, 4 g Fat, <1 g CHO)</p> <p>■ Rosemary Chicken (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO)</p>	<p>■ Carib. Beef Curry (310 kcals, 34 g Pro, 13 g Fat, 16 g CHO)</p> <p>■ Coconut Tilapia (265 kcals, 27 g Pro, 10 g Fat, 17 g CHO)</p>
Starches & Sides	<p>■ Sesame Green Beans</p> <p>■ Mandarin Vegetables</p> <p>■ Brown Rice</p>	<p>■ New Brunswick Veg. Zucchini & Squash</p> <p>■ Steamed Rice</p> <p>■ Mashed Potatoes</p>	<p>■ Roasted Carrots</p> <p>■ Sauteed Brussel Sprouts</p> <p>■ Steamed Rice</p> <p>■ Bow Tie Pasta</p>	<p>■ Normandy Veg. Blend</p> <p>■ Lyonnaise Green Beans</p> <p>■ Brown Rice</p> <p>■ Mashed Potatoes</p>	<p>■ Mandarin Vegetables</p> <p>■ Glazed Green Beans</p> <p>■ Brown Rice</p> <p>■ Egg noodles</p>	<p>■ Sauteed Kale</p> <p>■ Herbed Green Beans</p> <p>■ Brown Rice</p> <p>■ Oven Roasted Potatoes</p>	<p>■ Collard Greens</p> <p>■ Glazed Carrots</p> <p>■ Steamed Rice</p> <p>■ Sw. Potato Wedges</p>

BLUE RIBBON BISTRO MENU



WEEK 3

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

	SUN	MON	TUES	WED	THURS	FRI	SAT
	09 JUNE	10 JUNE	11 JUNE	12 JUNE	13 JUNE	14 JUNE	15 JUNE

LUNCH

Soup	Chef's Choice						
Entrée	■ Pork Chop (347 kcals, 25 g Pro, 17 g Fat, 21 g CHO) ■ Chicken Fettuccine (323 kcals, 26 g Pro, 13 g Fat, 27 g CHO)	■ Italian Roast Turkey (167 kcals, 25 g Pro, 8 g Fat, <1 g CHO) ■ Citrus Herb Chicken (231 kcals, 33 g Pro, 8 g Fat, 5 g CHO) ■ Spaghetti w/Meat Sauce (458 kcals, 27 g Pro, 13 g Fat, 56 g CHO)	■ Chipotle Tilapia (270 kcals, 27 g Pro, 11 g Fat, 15 g CHO) ■ Cajun Pork Loin (308 kcals, 39 g Pro, 16 g Fat, 0 g CHO) ■ Southwest Chicken (360 kcals, 26 g Pro, 28 g Fat, 1 g CHO)	Army Birthday Special Meal (TBD)	■ Tofu Stir Fry (223 kcals, 15 g Pro, 11 g Fat, 17 g CHO) ■ Chicken Curry (216 kcals, 23 g Pro, 12 g Fat, 7 g CHO) ■ Cantonese Pork Spareribs (481 kcals, 36 g Pro, 33 g Fat, 11 g CHO)	■ Lemon Crusted Cod (183 kcals, 19 g Pro, 6 g Fat, 12 g CHO) ■ Beef Lasagna (480 kcals, 34 g Pro, 20 g Fat, 43 g CHO) ■ BBQ Chicken (467 kcals, 26 g Pro, 27 g Fat, 28 g CHO)	■ Baked Spaghetti (450 kcals, 25 g Pro, 13 g Fat, 56 g CHO) ■ Chicken Parmesan (271 kcals, 36 g Pro, 8 g Fat, 12 g CHO)
Starches & Sides	■ Collard Greens ■ Steamed Broccoli ■ Mashed Potatoes ■ Cornbread	■ Roasted Asparagus ■ Sautéed Brussel Sprouts ■ Roasted Italian Vegetable ■ Brown Rice	■ Sautéed Garlic Kale ■ Cilantro Lime Rice ■ Paprika Potatoes ■ Hacienda Corn		■ Caribbean Cabbage ■ Sesame Green Beans ■ Asian Stir-fry Noodles ■ Dumplings	■ Roasted Baby Carrots ■ Greek Potato Wedges ■ Cauliflower Steak ■ Rice Pilaf w/ Orzo	■ Sautéed Broccoli ■ Rice Pilaf w/ Orzo ■ Italian Vegetables ■ Garlic Bread

DINNER

Entrée	■ Chicken Parmesan (296 kcals, 41 g Pro, 8 g Fat, 13 g CHO) ■ Lasagna (260 kcals, 17 g Pro, 6 g Fat, 35 g CHO)	■ Rosemary Chicken (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO) ■ Baked Ziti (340 kcals, 26 g Pro, 15 g Fat, 28 g CHO)	■ Szechuan Chicken (523 kcals, 35 g Pro, 37 g Fat, 13 g CHO) ■ Honey Garlic Pork Chop (348 kcals, 28 g Pro, 17 g Fat, 19 g CHO)	■ BBQ Chicken (467 kcals, 27 g Pro, 28 g Fat, 28 g CHO) ■ Glazed Meatloaf (324 kcals, 29 g Pro, 14 g Fat, 18 g CHO)	■ Chicken Cutlet (216 kcals, 33 g Pro, 5 g Fat, 8 g CHO) ■ Lemon Baked Cod (155 kcals, 30 g Pro, 3 g Fat, <1 g CHO)	■ Beef & Broccoli (215 kcals, 19 g Pro, 8 g Fat, 18 g CHO) ■ Braised Pork Chop (259 kcals, 21 g Pro, 15 g Fat, 19 g CHO)	■ Honey Glazed Chicken (245 kcals, 32 g Pro, 5 g Fat, 17 g CHO) ■ Swedish Meatballs (378 kcals, 23 g Pro, 28 g Fat, 11 g CHO)
Starches & Sides	■ Italian Vegetables ■ Green Beans ■ Linguine	■ Peas & Carrots ■ Herbed Green Beans ■ Garlic Mash Potatoes ■ Garlic Bread	■ Sautéed Green Beans ■ Paprika Potatoes ■ Peas and Carrots ■ Steamed Rice	■ Glazed Baby Carrots ■ Seasoned Collards ■ Garlic Mashed Potatoes	■ Brussel Sprouts ■ Roasted Cauliflower ■ Orzo w/ Lemon & Herbs ■ Parsley Potatoes	■ Normandy Veg. Blend ■ Garlic Roasted Broccoli ■ Brown Rice ■ Mashed Potatoes	■ Glazed Baby Carrots ■ Asparagus ■ Brown Rice