



Food Service and Catering by:

# River's Edge Cafe

## December 1<sup>st</sup>-December 5th

Michelle Bechtold  
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Hours: 6:00 am - 8:30 am  
10:30 am - 12:30 pm

We provide the following color-coded menu to assist those who are interested in making better nutritional choices:

**Green Choose MORE often**  
**Yellow choose in Moderation**  
**Red choose LESS often**

### Monday

#### CHEF'S MARKET:

Spaghetti & Meat Sauce with Breadstick  
With 1 Sides **\$ 10.75**

#### HEALTHY HABIT:

Honey Mustard chicken  
With 2 Sides **\$10.75**

#### SIDES:

Oven Roasted Potatoes **\$2.50**  
Green Beans **\$2.50**  
Vegetable Medley **\$2.50**

#### GRILL SPECIAL:

Grilled spicy sausage sub Sandwich **\$6.99**  
w/provalone ,jalepenos,and spicy mustard

### Tuesday

#### CHEF'S MARKET:

Chicken and Dumplings  
With one Side **\$10.75**

#### HEALTHY HABIT:

Teriyaki Chicken  
With 1 Side **\$10.75**

#### SIDES:

Wild rice **\$2.50**  
Peas and mushrooms **\$2.50**  
Carrots **\$2.50**

#### GRILL SPECIAL:

Country fried steak  
Horseshoe **\$7.99**

### Wednesday

#### CHEF'S MARKET:

Beef Nachos **\$10.75**

#### HEALTHY HABIT:

Salsa Chicken  
With 2 Sides **\$10.75**

#### SIDES:

Mexican Rice **\$2.50**  
Refried Beans **\$2.50**  
Mixed Vegetables **\$2.50**

#### GRILL SPECIAL:

Shrimp Po Boy **\$7.99**

### Thursday

#### CHEF'S MARKET:

Country Fried Steak  
with 2 sides **\$10.75**

#### HEALTHY HABIT:

Stuffed Butternut Squash  
With 2 Sides **\$10.75**

#### SIDES:

Mashed Potatoes **\$2.50**  
Corn **\$2.50**  
Zucchini & Yellow Squash **\$2.50**

#### GRILL SPECIAL:

Western Chicken Sandwich **\$6.99**

### Friday

#### CHEF'S MARKET:

Fried Fish  
with 2 sides **\$10.75**

#### HEALTHY HABITS:

Parmesan crusted fish  
With 2 Sides **\$10.75**

#### SIDES:

Potato Salad **\$2.50**  
Vegetable Medley **\$2.50**  
Hush Puppies **\$2.50**

#### GRILL SPECIAL:

BBQ Rib **\$6.99**

### Served Daily

Grilled Chicken Breast  
Beyond Burger  
Turkey Burger  
Vegetable Plate