

GO FOR GREEN ~ August MENU

Hillcrest Dining Facility

Mon-Fri: 0530-0800, 1100-1300, 1700-1900

Sat-Sun: 0900-1300, 1030-1300, 1730-1900

5757 D. Avenue, Bldg. 519

(801) 777-3428 or (801) 774-5510

Note: Fast Eddies serving partial Hillcrest menu during operational hours.

GREEN: High-performance foods. Eat often!

YELLOW: Moderate-performance foods. Eat occasionally!

RED: Performance-limiting foods. Eat rarely!

BREAKFAST

DATE		BREAKFAST MENU				
Daily	GRN	Pure Breakfast Bars (6 or 15 oz)	YEL	French Toast	YEL	Grits
	GRN	Pure Food Burrito	YEL	Pancakes	GRN	Oatmeal
	GRN	Pure Food Grain Bowl	YEL	Biscuits	YEL	Assorted Muffins
	RED	Bacon or Turkey Bacon	RED	Hashed Brown Patty	RED	Assorted Doughnuts
	YEL	Creamed Beef	YEL	Eggs (Boiled, Scrambled, Fried, or Omelet)	YEL	Bacon, Egg, & Cheese Sandwich

LUNCH & DINNER

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
01 AUG	YEL	BBQ Brisket	YEL	Salmon w/Maple Ginger Glaze		To Be Determined
	GRN	Fish Lemon Baked	GRN	Chicken Bulgogi		
	RED	Chicken Parmesan	GRN	Beef Stir Fry		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
02 AUG	GRN	Stuffed Green Peppers	YEL	Spinach Lasagna		To Be Determined
	YEL	Shrimp Scampi	YEL	Mambo Pork Roast		
	YEL	Pork Chop	GRN	Hot and Spicy Chicken		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
03 AUG	GRN	Roast Beef	GRN	Baja Fish Taco		To Be Determined
	GRN	Chicken Ala King	GRN	Beef corn Pie		
	YEL	Broccoli Quiche	RED	Eggplant Parmesan		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
04 AUG	GRN	Harvest Veg and Bean Ragout	GRN	Cheese tortellini		To Be Determined
	YEL	Baked Stuffed Fish	YEL	Turkey Ala King		
	YEL	Parmesan crusted Pork Chop	GRN	Grilled Salmon		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
05 AUG	YEL	California Veggie Quesadilla	YEL	Chicken and Dumplings		To Be Determined
	GRN	Fish Veracruz	YEL	Almond crusted cod		
	YEL	Chicken Breast Dijon	GRN	Grilled Steak		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
06 AUG	GRN	Chicken Cacciatore	GRN	Herbed baked chicken		To Be Determined
	RED	BBQ Beef cubes	YEL	Lemon basil shrimp pasta		
	YEL	Spaghetti	YEL	Pepper steak		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
07 AUG	GRN	Honey Ginger Chicken	GRN	Cranberry Glazed chicken		To Be Determined
	GRN	Lemon Basil Pasta	GRN	Pork Roast Tenderloin		
	YEL	Stuffed Bake Pork Chops	RED	Swiss Steak		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
08 AUG	GRN	Baja fish tacos	GRN	Jamaican Chicken		To Be Determined
	RED	Chicken Cordon Bleu	YEL	Pasta primavera		
	YEL	Beef Brogul	YEL	Grilled Pork Chops		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
09 AUG	GRN	Chicken Fajita Quinoa	GRN	Lemon Baked Fish		To Be Determined
	YEL	Parmesan Crusted Cod	YEL	Swedish Meatballs		
	GRN	Pork Chop Mexicana	YEL	Italian Broccoli Pasta		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
10 AUG	GRN	Southwestern Sweet Potatoes	RED	BBQ Beef Cubes		To Be Determined
	YEL	Baked Turkey/Noodles	GRN	Polynesian Fillet		
	GRN	Beef Stir Fry	GRN	Stir fry Veggies		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
11 AUG	YEL	Stuffed Green Peppers	GRN	Shrimp Stir Fry		To Be Determined
	GRN	Chicken Florentine	YEL	Pasta Toscano		
	RED	Southern Fried Catfish	YEL	Chicken Fajitas		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
12 AUG	GRN	Cheese Tortellini	YEL	Chicken enchilada		To Be Determined
	YEL	Turkey Breast	GRN	Pasta provencal		
	RED	Cantonese Spareribs	GRN	Fish w/SW Salsa		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
13 AUG	GRN	Baja Baked Cod	GRN	Turkey and Spinach Meatloaf		To Be Determined
	YEL	Baked Mexican Chicken	YEL	Lasagna		
	GRN	Southwestern Sweet Potatoes	GRN	Baked Salmon		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
14 AUG	YEL	Pollock w/Crisp Herb Parmesan	GRN	Lemon Baked Fish		To Be Determined
	YEL	Ziti with Meat Sauce	YEL	Pineapple BBQ Meatballs		
	GRN	Jerk Roast Turkey	YEL	Crispy Oven Baked Chicken		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
15 AUG	GRN	Baked Chicken	GRN	Chicken Fajita Quinoa		To Be Determined
	YEL	Southwestern Shrimp Linguine	YEL	Taco Lasagna		
	YEL	Beef Pot Pie	GRN	Pork Chops Mexicana		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
16 AUG	RED	Eggplant Parmesan	GRN	Turkey Lentil Chili		To Be Determined
	GRN	Beef Fajita Quinoa	YEL	California Veggie Quesadilla		
	YEL	Roast Turkey	YEL	Braised Spareribs		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
17 AUG	GRN	Grilled Steak	YEL	BBQ Brisket		To Be Determined
	YEL	Basil baked fish	GRN	Southwestern Sweet Potatoes		
	YEL	Spinach Lasagna	YEL	Stuffed Baked Pork Chops		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
18 AUG	YEL	Grilled Pork Chops	YEL	Parmesan Fish		To Be Determined
	YEL	Savory Baked Chicken	GRN	Honey mustard Chicken		
	GRN	Baked Salmon	GRN	Beef Fajitas		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
19 AUG	GRN	Marinated Tomatoes with Penne	YEL	Shrimp Scampi		To Be Determined
	YEL	Pineapple BBQ Meatballs	GRN	Grilled Honey Sriracha Chicken		
	GRN	Baked Fish	YEL	Mexican Pork Chops		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
20 AUG	GRN	Caribbean Chicken	YEL	Cheese Manicotti		To Be Determined
	YEL	Zesty Pork Chops	GRN	Stir Fry Chicken		
	YEL	Caribbean Catfish	RED	BBQ Beef Cubes		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
21 AUG	GRN	Beef Bulgogi	GRN	Turkey Lentil Chili		To Be Determined
	GRN	Fish w/SW Salsa	RED	Hot Italian Sausage		
	YEL	Crispy Baked Chicken	YEL	Stuffed Baked Fish		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
22 AUG	GRN	Mediterranean Quinoa Cakes	YEL	Salmon w/maple ginger		To Be Determined
	YEL	Pasta primavera	YEL	Broccoli Quiche		
	RED	Turkey Nuggets	GRN	Roast Beef		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
23 AUG	GRN	Fiesta Fish	GRN	Spaghetti		To Be Determined
	YEL	Bourbon Chicken	YEL	Lemon Pepper Catfish		
	YEL	Simmered Beef	GRN	Baked Dijon Pork Chop		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
24 AUG	GRN	Creole Fish Fillets	YEL	Beef Stew		To Be Determined
	GRN	Pasta Provencal	GRN	Cajun Chicken		
	YEL	Braised Spareribs	GRN	Marinated Tomatoes with Penne		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
25 AUG	YEL	Almond Crusted Cod	YEL	Braised Beef and noodles		To Be Determined
	YEL	Pepper Steak	GRN	Baked Florentine		
	GRN	Southwestern Sweet Potatoes	YEL	Sweet and spicy Orange Salmon		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
26 AUG	GRN	Herbed Baked Chicken	YEL	Ground Turkey Lasagna		To Be Determined
	GRN	Stir fry Veggies	GRN	Fish Onion-lemon baked		
	YEL	Pineapple BBQ Meatballs	GRN	Chili Mac		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
27 AUG	GRN	Baked Dijon Pork Chop	YEL	Tuna Noodles		To Be Determined
	YEL	Shrimp Jambalaya	GRN	Honey Ginger Chicken		
	RED	Southern Fried Chicken	RED	Cantonese Spareribs		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
28 AUG	YEL	Meat Loaf	YEL	Oven Fried Fish		To Be Determined
	GRN	Grilled Chicken	GRN	Yankee Pot Roast		
	YEL	Parmesan Cod	GRN	Chicken Cacciatore		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
29 AUG	GRN	Fish Lemon Baked	YEL	Salmon w/maple ginger		To Be Determined
	RED	Chicken Parmesan	GRN	Beef Stir Fry		
	YEL	BBQ Brisket	GRN	Chicken Bulgogi		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
30 AUG	GRN	Stuffed Green Peppers	YEL	Spinach Lasagna		To Be Determined
	YEL	Shrimp Scampi	YEL	Mambo Pork Roast		
	YEL	Orange Rosemary Pork Chops	GRN	Hot and Spicy Chicken		

DATE		LUNCH MENU		DINNER MENU		MIDNIGHT MENU
31 AUG	GRN	Chicken Ala King	GRN	Baja Fish Taco		To Be Determined
	GRN	Roast Beef	GRN	Beef and Corn Pie		
	YEL	Broccoli Quiche	RED	Eggplant parmesan		