








STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

Winter 2010
Week 1

	Monday March 15	Tuesday March 16	Wednesday March 17	Thursday March 18	Friday March 19
	● Potato Soup	● Classic Tomato Soup			● Corn Chowder
	● Fresh Cut Fruit	● Caesar Salad			● Pasta Salad
	● Tuna Salad	● Buffalo Chicken Salad			● Tuna Salad
	<ul style="list-style-type: none"> ● Breaded Chicken Sandwich ● Fried Rice ● Potato Chips ● Fresh Carrots w/ Chives <p>Breakfast Bar</p>	<ul style="list-style-type: none"> ● Hamburgers ● Eggplant Parmesan ● Roasted Potatoes ● Steamed Broccoli with Lemon <p>Pasta Bar</p>	Dining Hall Closed for St. Patrick's Day	Dining Hall Closed for BC Holiday	<ul style="list-style-type: none"> ● Baked Cod ● Scalloped Potatoes ● Garden Peas ● Dinner Rolls <p>Educational Seasonings</p>
	<ul style="list-style-type: none"> ● Chocolate Pudding ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● White Cake ● Assorted Fresh Fruit 			<ul style="list-style-type: none"> ● Rice Krispies Bars ● Assorted Fresh Fruit

All menus subject to change, based upon availability.

At The Salad Works bar a variety of prepared salads are served alongside fresh salad greens and toppings each day. SAGE chefs offer at least six low fat, made-from-scratch salad dressings along with traditional favorites.

At The Classic Cuts Deli® bar, a variety of cheeses, ham, turkey, and deli salads are freshly prepared each day. Students can create their own favorite sandwich.

The following menu is based on a four-week Master Cycle Menu, whose Spotlight dot colors have been reviewed for accuracy by SAGE Registered Dietitians. The Master Cycle Menu is available through your Food Service Director.