








STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

Winter 2010
Week 3

	Monday March 1	Tuesday March 2	Wednesday March 3	Thursday March 4	Friday March 5
	● Minestrone Soup	● Tomato Soup	● Beef Vegetable Soup	● Potato Soup	● Vegetable Au Gratin Soup
	● Tomato & Feta Salad	● Fresh Cut Fruit	● Cole Slaw	● Broccoli Salad	● Pasta Salad
	● Pimento Cheese Spread	● Egg Salad	● Classic Potato Salad	● Home-style Chicken Salad	● Seafood Salad
	<ul style="list-style-type: none"> ● Roast Pork Loin ● Vegetarian Fried Rice ● Stir Fry Vegetables ● Fortune Cookies <p>Pasta Bar</p>	<ul style="list-style-type: none"> ● Slow Cooked Roast Beef ● Spinach & Feta Frittata ● White Rice ● Green Beans <p>Bread Bar</p>	<ul style="list-style-type: none"> ● BBQ Chicken Drumsticks ● Grilled Vegetable Wrap ● Mashed Potatoes ● Creamed Spinach <p>Chips & Dip Bar</p>	<ul style="list-style-type: none"> ● Meatball Sub ● Stuffed Portabella Mushroom ● Corn Chips ● Vegetable Medley <p>Pasta Bar</p>	<ul style="list-style-type: none"> ● Meat Lovers Pizza ● Cheese Pizza ● Asparagus Spears <p>Ice Cream Sundae Bar</p>
	<ul style="list-style-type: none"> ● Cherry Cobbler ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Jello Cups ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Vanilla Pudding ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Strawberry Shortcake ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Ice Cream Sundae Bar ● 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.