








STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

Winter 2010
Week 2

	Monday March 22	Tuesday March 23	Wednesday March 24	Thursday March 25	Friday March 26
	● Chicken Noodle Soup	● Broccoli Rice Soup	● Vegetable Soup	● Turkey Corn Chowder	● Vegetarian Chili Soup
	● Cole Slaw	● Caesar Salad	● Creamy Cucumber Salad	● Caesar Salad	● Baked Potato Salad
	● Tuna Salad	● Egg Salad	● Chicken Salad	● Tuna Salad	● Seafood Salad
	<ul style="list-style-type: none"> ● Italian Lasagna ● Pintos & Cornbread ● Green Beans ● Brussels Sprouts <p>Hot Dog Bar</p>	<ul style="list-style-type: none"> ● Buffalo Chicken Drumsticks ● Garden Burgers ● Hashbrown Casserole ● Vegetable Medley <p>Pasta Bar</p>	<ul style="list-style-type: none"> ● Grilled Citrus Chicken ● Stuffed Peppers ● Rice Pilaf ● Sautéed Cabbage <p>Baked Potato Bar</p>	<ul style="list-style-type: none"> ● Chicken & Rice Casserole ● Home-style Turkey Meatloaf ● Mashed Potatoes ● Green Peas <p>Pasta Bar</p>	<ul style="list-style-type: none"> ● Fish Fillet Sandwich ● Parmesan Noodles ● Potato Chips ● Glazed Carrots <p>Stir Fry Bar</p>
	<ul style="list-style-type: none"> ● Apple Crisp ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Strawberry Cake ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Butterscotch Pudding ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Frosted Yellow Cake ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Cookies ● 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.