








**STOP**  
think about eating a smaller portion

**SLOW**  
balance your meal with green choices

**GO**  
eat all you want!

Winter 2010  
Week 4

	Monday March 8	Tuesday March 9	Wednesday March 10	Thursday March 11	Friday March 12
	● Split Pea Soup	● Cream of Tomato Soup	● Beef & Barley Soup	● Turkey Noodle Soup	● New Orleans Style Gumbo
	● Marinated Tomato and Cucumber Salad	● Asian Noodle Salad	● Caesar Salad	● Spinach Salad	● Greek Pasta Salad
	● Tuna Salad	● Chicken Salad	● Turkey Salad	● Ham Salad	● Egg Salad
	<ul style="list-style-type: none"> <li>● Italian Chicken Breast</li> <li>● Garden Burgers</li> <li>● Rice Pilaf</li> <li>● Peas &amp; Carrots</li> </ul> <p>Hot Dog Bar</p>	<ul style="list-style-type: none"> <li>● Roast Turkey Breast</li> <li>● Cornbread Dressing</li> <li>● Mashed Potatoes</li> <li>● Sautéed Green Beans</li> </ul> <p>Bread and Spreads Bar</p>	<ul style="list-style-type: none"> <li>● Herb Crusted Pork Loin</li> <li>● Grilled Eggplant Parmesan</li> <li>● Wild Rice Blend</li> <li>● Fresh Butternut Squash</li> </ul> <p>Pasta Bar</p>	<ul style="list-style-type: none"> <li>● Chicken &amp; Bean Burritos</li> <li>● Cheese Enchiladas</li> <li>● Spanish Rice</li> <li>● Steamed Carrots</li> </ul> <p>Nacho Bar</p>	<ul style="list-style-type: none"> <li>● Baked Tilapia</li> <li>● Sour Cream &amp; Chives Potatoes</li> <li>● Grilled Vegetables</li> <li>● Slow Cooked Greens</li> </ul> <p>Fried Rice Bar</p>
	<ul style="list-style-type: none"> <li>● Cookies</li> <li>● Assorted Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Banana Pudding</li> <li>● Assorted Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Frosted Brownies</li> <li>● Assorted Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● White Cake</li> <li>● Assorted Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Peach Cobbler</li> <li>● Assorted Fresh Fruit</li> </ul>

**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.