








STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

Spring 2010
Week 2

	Monday April 19	Tuesday April 20	Wednesday April 21	Thursday April 22	Friday April 23
	● Brunswick Stew	● Okra and Tomato Gumbo	● Chicken Noodle	● Vegetable Soup	● Minestrone
	● Macaroni Tuna Salad ●	● Pesto Pasta Salad ●	● Caesar Salad ●	● Black Bean and Roasted Corn Salad ●	● Cole Slaw ●
	● Krab Salad ●	● Egg Salad ●	● Buffalo Bleu Chicken Salad ●	● Lemon Dill Tuna Salad ●	● Beef Taco Salad ●
	● BBQ Pork Loin ● Potato Salad/Cole Slaw ● Baked Beans ● Corn on the Cobb ● Green Beans International Pasta Station	● Classic Lasagna ● Vegetarian Baked Ziti ● Sauteed Zucchini ● Garlic Toast ● Garlic Roasted Carrots Baked Potato Station	● Roasted Turkey Breast ● Garden Burgers ● Cornbread Dressing ● Green Beans ● Summer Squash Casserole International Pasta Station	● Twin Beef Tacos ● Cheese Enchiladas ● Spanish Rice ● Vegetarian Re-fried Beans ● Fajita Grilled vegetables Hot Dog Station with Accompaniments	● Chicken Chop Suey ● Vegetable Egg-Rolls ● Steamed Jasmine Rice ● Vegetable lo-mein ● Sir Fried vegetables Delicatessen Station
	● Chocolate Pudding ● Seasonal Fresh Fruit	● Pineapple Up-Side Down Cake ● Seasonal Fresh Fruit	● Peach Cobbler ● Seasonal Fresh Fruit	● Flan ● Seasonal Fresh Fruit	● Cinnamon Bun ● Seasonal Fresh fruit

At The Salad Works salad bar a variety of prepared salads are served alongside fresh salad greens and toppings each day. SAGE's 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's Registered Dietitian. The Master Cycle Menu is available through your Food Service Director.