



**STOP**  
think about eating a smaller portion

**SLOW**  
balance your meal with green choices

**GO**  
eat all you want!

	Monday April 26	Tuesday April 27	Wednesday April 28	Thursday April 29	Friday April 30
	● Broccoli Cheddar Au Gratin	● Turkey Noodle Soup	● Cuban Black Bean	● Vegetable Beef Barley	● Cream of Mushroom
	● Carrot and Raisin Salad	● Spinach Salad	● Mustard Style Potato Salad	● Caesar Salad	● Asian Cole Slaw
	● Tortellini Caesar Salad	● Deviled Ham Salad	● Pimento Cheese	● Napa Valley Chicken Salad	● Potato Shrimp Salad
	<ul style="list-style-type: none"> <li>● Spaghetti and Meatballs</li> <li>● Egg Plant parmesan</li> <li>● Garlic Toast</li> <li>● Green Beans with Tomato Garlic Concasse</li> <li>● Ratatouille</li> </ul> <p>International Pasta Station with Accompaniments</p>	<ul style="list-style-type: none"> <li>● Chicken Pot Pie</li> <li>● Broccoli Cheddar Stuffed Spud</li> <li>● Herb Steamed New Potatoes</li> <li>● Pea's Mushrooms and carrots</li> <li>● Wild Rice Pilaf</li> </ul> <p>Classic Sides of The South</p>	<ul style="list-style-type: none"> <li>● Scrambled Eggs</li> <li>● Spinach and Mushroom Strata</li> <li>● Home fried Potatoes</li> <li>● Biscuits-N-Gravy</li> <li>● Sausage Patties or Links</li> <li>● French Toast</li> </ul> <p>Seasonal Fresh Fruit, Yogurt and Granola Station</p>	<ul style="list-style-type: none"> <li>● Virginia Baked Ham</li> <li>● Candied yams</li> <li>● Macaroni and Cheese</li> <li>● Stewed Cabbage and Carrots</li> <li>● Lemon Scented Steamed Asparagus Spears</li> </ul> <p>International Pasta Station with Accompaniments</p>	<ul style="list-style-type: none"> <li>● All Beef Charbroiled Hamburgers</li> <li>● Corn Dogs</li> <li>● Garden Burgers</li> <li>● Baked Home Fries</li> <li>● Lettuce, Tomato, Onion and Pickle</li> <li>● Savory Baked Beans</li> </ul> <p>Mexican Fiesta ( Cilli, Cheese and Salsa) Nacho Bar</p>
	<ul style="list-style-type: none"> <li>● Assorted Baked Cookies</li> <li>● Seasonal Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Assorted Fruited Jello</li> <li>● Seasonal Fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Iced Cinnamon Bun</li> <li>● Seasonal Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Chocolate Cake</li> <li>● Seasonal Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Homemade Churned Ice-Cream</li> <li>● Seasonal Fresh Fruit</li> </ul>

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.