








STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

	Monday May 3	Tuesday May 4 Honors day	Wednesday May 5	Thursday May 6	Friday May 7
	<ul style="list-style-type: none"> • Cream of Broccoli Soup 	<ul style="list-style-type: none"> • Vegetable Soup 	<ul style="list-style-type: none"> • Three Bean and Ham 	<ul style="list-style-type: none"> • Chili 	<ul style="list-style-type: none"> • Shrimp Bisque
	<ul style="list-style-type: none"> • Italian Marinated Tomato salad 	<ul style="list-style-type: none"> • Lemon Dill Potato Salad 	<ul style="list-style-type: none"> • Caesar Salad 	<ul style="list-style-type: none"> • Creamy Cucumber Salad 	<ul style="list-style-type: none"> • Pickled Vegetable Salad
	<ul style="list-style-type: none"> • Antipasto Salad 	<ul style="list-style-type: none"> • Egg Salad 	<ul style="list-style-type: none"> • Curried Chicken Salad 	<ul style="list-style-type: none"> • Nicoise Tuna Salad 	<ul style="list-style-type: none"> • BBQ Ranch Chicken salad
	<ul style="list-style-type: none"> • Baked Chicken Parmesan • Baked Cheese Ravioli • Garlic Spinach • Sauteed Summer Squash • Baked Ziti Florentine <p>International Pasta Station with Accompaniments</p>	<p>"Outdoor BBQ"</p> <ul style="list-style-type: none"> • Charbroiled Hamburgers • Hot Dogs • Assorted Chips • Potato Salad and Cole Slaw • Baked Beans <p>Lettuce, Tomato, Onion and Pickle</p>	<ul style="list-style-type: none"> • Beef, Bean and Cheese Burritos • Spanish Rice • Frijoles Fritos • Calico Corn • Fajita Grilled Vegetables <p>International Pasta Station with Accompaniments</p>	<ul style="list-style-type: none"> • Oven Baked Fried Chicken • Wild Mushroom Stroganoff • Savannah Red Rice • Green Beans • Collard Greens • Cornbread and Biscuits <p>Baked Potato Station</p>	<ul style="list-style-type: none"> • Baked Filet -o- Fish Bandwich • Baked Potato Wedges • Pea's and Carrots • • <p>Delicatessen Station with Chips</p>
	<ul style="list-style-type: none"> • Chocolate Pudding • Seasonal Fresh Fruit 	<ul style="list-style-type: none"> • Assorted Baked Cookies and Brownies • Seasonal Fresh Fruit 	<ul style="list-style-type: none"> • Banana Pudding • Seasonal Fresh Fruit 	<ul style="list-style-type: none"> • Frosted Chocolate Brownie • Seasonal Fresh Fruit 	<ul style="list-style-type: none"> • Pineapple Cherry Cobbler • 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.