








**STOP**  
think about eating a smaller portion

**SLOW**  
balance your meal with green choices

**GO**  
eat all you want!

	Monday April 12	Tuesday April 13	Wednesday April 14	Thursday April 15	Friday April 16
	● Chicken Noodle Soup	● Cream of Broccoli	● French Onion Soup	● Potato Corn Chowder	● Manhattan Clam Chowder
	● South Western Pasta Salad	● Carrot and Raisin Salad	● Classic Greek Salad	● Caesar Salad	● Capresse Salad
	● Tuna Salad	● Egg Salad	● Curried Chicken salad	● Deviled Ham salad	● Low Country Shrimp Salad
	<ul style="list-style-type: none"> <li>● Salisbury Steak</li> <li>● Spinach and Mushroom Quiche</li> <li>● Mashed Potatoes</li> <li>● Green Beans</li> <li>● Sauteed cabbage</li> </ul> <p>International Pasta Station</p>	<ul style="list-style-type: none"> <li>● Sweet and Sour Chicken</li> <li>● Vegetable Lo-mein</li> <li>● Steamed Jasmine Rice</li> <li>● Stir Fried Vegetables</li> <li>● Vegetable Egg rolls</li> </ul> <p>Fruit Yogurt and Granola Bar</p>	<ul style="list-style-type: none"> <li>● Turkey Bolognese</li> <li>● Stuffed Portabella Mushroom</li> <li>● Spaghetti</li> <li>● Ratatouille</li> <li>● Creamed Spinach</li> </ul> <p>"Spuds" 101</p>	<ul style="list-style-type: none"> <li>● Apple Wood Smoked Pork Chops</li> <li>● Grilled vegetable Wrap</li> <li>● Au Gratin Potatoes</li> <li>● Stewed Collard Greens</li> <li>● Ginger Glazed Carrots</li> </ul> <p>Mexican Fiesta (chips, chili and salsa)</p>	<ul style="list-style-type: none"> <li>● Herb Baked Atlantic Cod</li> <li>● Roasted Corn and Black Bean Quesadilla</li> <li>● Baked Potato Wedges</li> <li>● Steamed Broccoli Spears</li> <li>● Grilled Summer Squash</li> </ul> <p>International Pasta Station</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>● German Chocolate Cake</li> <li>● Seasonal Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Banana Pudding</li> <li>● Seasonal Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Chocolate Frosted Brownie</li> <li>● Seasonal Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Lemon Iced Sponge Cake</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.