








STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

Fall 2010-2011
Cycle 1 Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
	● Okra & Tomato Gumbo	● Seven Bean & Sausage Soup	● Chicken Tortilla Soup	● Potato Corn Chowder	● Turkey Noodle Soup
	● Creamy Cucumber Salad	● Caesar Salad with Parmesan & Croutons	● Marinated Mushroom Salad	● Yogurt & ● Fresh Berries	● Panzanella Salad
	● Buffalo Bleu Chicken Salad	● Summer Grilled Vegetables	● Nicoise Tuna Salad	● Pimento Cheese Spread	● Ceviche
	<ul style="list-style-type: none"> ● Spaghetti Bolognese ● Corn Dogs & Chips ● Green Beans with Tomato Garlic Concasse ● Garlic Bread ● Summer Squash Saute <p>●●● Mashed Potato Station</p>	<ul style="list-style-type: none"> ● Chicken Cordon Bleu ● Curried Vegetable Ragout over Couscous ● Sour Cream & Chive Scalloped Potatoes ● Steamed Broccoli Spears ● Stewed Cabbage <p>●●● International Pasta Station with Garlic Bread</p>	<ul style="list-style-type: none"> ● Pulled BBQ Pork ● Vegetarian Lasagna ● Savory Baked Beans ● Corn on the Cobb ● Brunswick Stew <p>●●● Fiesta Nacho Bar</p>	<ul style="list-style-type: none"> ● Turkey Taco ● Herb Baked Atlantic Cod ● Macaroni & Cheese ● Peas & Carrots ● Steamed Asparagus Spears <p>●●● International Rice Station</p>	<ul style="list-style-type: none"> ● Oriental Beef Pepper Steak ● Wild Mushroom Stroganoff over Parsley Egg Noodles ● Steamed Jasmine Rice ● Stir Fry Vegetables ● Egg Rolls <p>●●● Fresh Fruit, Yogurt & Granola Bar</p>
	<ul style="list-style-type: none"> ● Seasonal Fresh Fruit ● Oreo Chocolate Pudding 	<ul style="list-style-type: none"> ● Seasonal Fresh Fruit ● Cotton Pickin Cake 	<ul style="list-style-type: none"> ● Seasonal Fresh Fruit ● Assorted Baked Cookies 	<ul style="list-style-type: none"> ● Seasonal Fresh Fruit ● Rice Krispie Squares 	<ul style="list-style-type: none"> ● Seasonal Fresh Fruit ● Pineapple Upside Down Cake

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.