








**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 4

	Monday	Tuesday	Wednesday	Thursday	Friday
	● Old Fashioned Vegetable Soup	● Chicken Noodle Soup	● Classic Chili	● Dutch Split Pea Soup	● Chicken & Dumpling Soup
	● Caesar Salad with Parmesan & Croutons	● Grecian Orzo Salad	● Thai Noodle Salad	● Mustard Style Potato Salad	● Caesar Salad with Parmesan & Croutons
	● Curried Chicken Salad	● Deviled Ham Salad	● Low Country Shrimp Salad	● Egg Salad	● Italian Roast Beef
	<ul style="list-style-type: none"> <li>● Virginia Baked Ham</li> <li>● Meatball Grinder with Chips</li> <li>● Au Gratin Potatoes</li> <li>● Sauteed Green Beans with Caramelized Onions</li> <li>● Cinnamon Scented Steamed Baby Carrots</li> </ul> <p>●●● International Pasta Station</p>	<ul style="list-style-type: none"> <li>● Asian Style BBQ Pork Loin</li> <li>● Steamed Jasmine Rice</li> <li>● Vegetable Egg Rolls</li> <li>● Stir Fry Vegetables</li> <li>● Cantonese Vegetable Fried Rice</li> </ul> <p>●● "Oodles of Noodles"</p>	<ul style="list-style-type: none"> <li>● Shephard's Pie</li> <li>● Stewed Cabbage</li> <li>● Confetti Corn Saute</li> <li>● Pea, Mushrooms &amp; Carrots</li> <li>● Fajita Grilled Vegetable Stuffed Spud</li> </ul> <p>●● Southern Breakfast Bar</p>	<ul style="list-style-type: none"> <li>● Beef Pot Roast</li> <li>● Mashed Potatoes</li> <li>● Roasted Winter Root Vegetables</li> <li>● Braised Mushroom &amp; Pearl Onions</li> <li>● Grecian Grilled Vegetables Kabobs</li> </ul> <p>●● Take Me Out to the Ball-Park (Pretzels &amp; Hot Dogs)</p>	<ul style="list-style-type: none"> <li>● Pepperoni Pizza</li> <li>● Cheese Pizza</li> <li>● Vegetable Pizza</li> <li>● Bread Sticks with Marinara</li> <li>● Pepperoni Rolls</li> </ul> <p>●●● Italian Pasta &amp; Salad Bar</p>
	<ul style="list-style-type: none"> <li>● Seasonal Fresh Fruit</li> <li>● Carrot &amp; Raisin Cake</li> </ul>	<ul style="list-style-type: none"> <li>● Seasonal Fresh Fruit</li> <li>● Giant S'mores</li> </ul>	<ul style="list-style-type: none"> <li>● Seasonal Fresh Fruit</li> <li>● Iced Cinnamon Bun</li> </ul>	<ul style="list-style-type: none"> <li>● Seasonal Fresh Fruit</li> <li>● Banana Pudding</li> </ul>	<ul style="list-style-type: none"> <li>● Seasonal Fresh Fruit</li> <li>● Assorted Ice Cream Novelties</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.