









STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

November 10 – November 14

	Monday	Tuesday	Wednesday	Thursday	Friday
	● Spinach & Lentil Soup	● Bissara	● Loaded Potato Soup	● Grandma's Corn Stew	● Spinach & Blue Cheese Soup
	● Spinach & Mushroom Salad	● Peaches & Cottage Cheese	● Shrimp & Orzo Pasta	● Cole Slaw	● Mixed Baby Greens
	● Turkey & Avocado Salad	● Bulgur Chickpea Salad	● Chicken Salad	● Potato Salad	● Onion & Avocado Salad
	<ul style="list-style-type: none"> ● Roasted Salmon ● Red Beans ● Steamed Brown Rice ● Roasted Asparagus & Mushrooms ● South of the Border Pie 	<ul style="list-style-type: none"> ● Baked Potato ● Ham & Cheese Croissant ● Sautéed Sugar Snap Pea ● Stuffed Tomatoes with Cous Cous ● Steamed Red Bliss 	<ul style="list-style-type: none"> ● Oven Baked Chicken ● Oven Roasted Veggie Penne ● Garlic Spinach ● Scalloped Potatoes ● Brown Gravy 	<ul style="list-style-type: none"> ● Grilled Hamburgers ● Tilapia with Mango Salsa ● Baked Sweet Potato Sticks ● Oven Glazed Broccoli ● Rice Pilaf 	<ul style="list-style-type: none"> ● Shrimp Scampi ● Black & Bleu Wraps ● Seasoned Squash ● Rosemary Polenta ● Sautéed Brussel Sprouts
	● Iced Brownies	● Chocolate Pudding	● Rice Crispy Treat	● Red Devil's Food	● Angel Food Cake with Fruit
				● Burger Bar	

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 weekly 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.

