









STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

November 17 – November 21

	Monday	Tuesday	Wednesday	Thursday	Friday
	● Cauliflower & Tomato Soup	● Gold Onion Soup	● Delicious Mushroom Soup	● Apple Bacon & Tomato Soup	● Vegetable Soup
	● Greek Salad	● Seven Vegetable Salad	● Mixed Baby Greens	● Chicken Pesto Salad	● Ham Skroodle Pasta
	● Hummus	● Spicy Pimento Cheese	● Avocado & Sweet Onion Salad	● Egg Salad	● Tabbouleh
	<ul style="list-style-type: none"> ● Sautéed Onions & Tomatoes on Rye ● Chicken Tetrazzini ● Garlic Bread ● Sautéed Spinach ● Vegetable Medley 	<ul style="list-style-type: none"> ● Tuna Salad Wrap ● Baked Manicotti ● Steamed Okra ● Steamed Brown Rice ● Marinara Sauce 	<ul style="list-style-type: none"> ● Greek Pita ● Mangia! Mangia! Pizza ● Herbed Pasta Primavera ● Seasoned Squash ● Roasted Peppers 	<ul style="list-style-type: none"> ● Aunt Jenny's Turkey Loaf ● Chickpea Wraps ● Twice Baked Potatoes ● Baby Lima Beans ● Grilled Pineapple 	<ul style="list-style-type: none"> ● Shrimp Po Boy ● Grilled Chicken ● Sautéed Green Beans ● Sautéed Red Cabbage ● Corn on the Cob
	● Yogurt with Fresh Fruit	● Chocolate Cake with Strawberry topping	● Pound Cake	● Oatmeal Cookie	● Iced Brownie
			● Pizza 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.

