









**STOP**  
think about eating a smaller portion

**SLOW**  
balance your meal with green choices

**GO**  
eat all you want!

November 24 – November 28

	Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> <li>• Loaded Potato Soup</li> </ul>	<ul style="list-style-type: none"> <li>• Cream of Spinach Soup</li> </ul>			
	<ul style="list-style-type: none"> <li>• Egg Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted Corn &amp; Tomato Salad</li> </ul>			
	<ul style="list-style-type: none"> <li>• Hummus</li> </ul>	<ul style="list-style-type: none"> <li>• Spicy Pimento Cheese</li> </ul>			
	<ul style="list-style-type: none"> <li>• Turkey Panini</li> <li>• Italian Grilled Chicken</li> <li>• Steamed Rice</li> <li>• Seasoned Spinach</li> <li>• Vegetable Medley</li> </ul>	<ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Meatball Sub</li> <li>• Steamed Okra</li> <li>• Garlic Bread</li> <li>• Marinara Sauce</li> </ul>	Thanksgiving Holiday	Thanksgiving Holiday	Thanksgiving Holiday
	<ul style="list-style-type: none"> <li>• Moist Red Devil's Cake</li> </ul>	<ul style="list-style-type: none"> <li>• Chocolate Cake with Strawberry topping</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 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.

