



STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

November 3 – November 7

	Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> ● Tomato Basil Soup 	<ul style="list-style-type: none"> ● Shipwreck Stew 	<ul style="list-style-type: none"> ● Parmesan Potato Soup 	<ul style="list-style-type: none"> ● Tomato Mushroom Consommé 	<ul style="list-style-type: none"> ● Beaker's Vegetable Barley Soup
	<ul style="list-style-type: none"> ● Mixed Spinach Pesto 	<ul style="list-style-type: none"> ● Caesar Salad 	<ul style="list-style-type: none"> ● Mixed Spinach Pesto 	<ul style="list-style-type: none"> ● Baby Arugula with Goat Cheese & Roasted Peppers 	<ul style="list-style-type: none"> ● Chickpea Salad with Red Onion & Tomato
	<ul style="list-style-type: none"> ● Mushroom & Wild Rice ● Salami 	<ul style="list-style-type: none"> ● Cold Apple Salad ● Salami 	<ul style="list-style-type: none"> ● Wild Mushroom Risotto ● Salami 	<ul style="list-style-type: none"> ● Ham Skroodle Pasta ● Salami 	<ul style="list-style-type: none"> ● Tabbouleh ● Salami
	<ul style="list-style-type: none"> ● Grilled Cheese ● Beef Stew ● Buttered Noodles ● Stuffed Mushrooms ● Garlic Green Beans 	<ul style="list-style-type: none"> ● Chicken Pot Pie ● Turkey Melt ● Cheesy Baked Cauliflower ● Fruit & Cheese Pita ● Lemon Pepper Zucchini 	<ul style="list-style-type: none"> ● Cheese Ravioli ● Turkey Joe's ● Marinara Sauce ● Roasted Root Vegetables ● Potato Medley 	<ul style="list-style-type: none"> ● Grilled Chicken ● Tuna Casserole ● Tomato Florentine ● Sautéed Asparagus ● Parmesan Orzo 	<ul style="list-style-type: none"> ● Crispy Turkey Taco ● BBQ Sausage ● Corn on the Cob ● Steamed Broccoli ● Stuffed Bell Peppers
	<ul style="list-style-type: none"> ● Yogurt with Fresh Fruit 	<ul style="list-style-type: none"> ● Warm Cherry Cobbler 	<ul style="list-style-type: none"> ● Baked Cookies 	<ul style="list-style-type: none"> ● German Chocolate Cake 	<ul style="list-style-type: none"> ● Ice Cream
					<ul style="list-style-type: none"> ● Taco 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.

