









STOP
think about eating a smaller portion
SLOW
balance your meal with green choices
GO
eat all you want!

November 3 -November 7 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	● Tomato & Garbanzo Soup	● Cream Of Cauliflower Soup	● Carrot & Coriander Soup	● Loaded Potato Soup	● Gazpacho
	● Spinach & Goats Cheese	● Beets with Organic Greens	● Greek Salad	● Chefs Salad	● Mango Salsa
	● Garbanzo & Citrus	● Cous Cous Salad	● Pico De Gallo	● Tabbouleh	● Cucumber & Red Onion
	● Beef Hot Dogs ● Baked Beans ● Vera's Roast Potatoes ● Roasted Root Vegetables	● Chicken Lo Mein ● Tofu With Stir Fried Veggies ● Egg Fried Rice ● Garlic Tossed Broccoli	● Tilapia In Orange Beurre Blanc ● Red Bean Cilantro Stew ● Garlic & Thyme Roasted Potatoes ● Zucchini & Carrots	● Tandoori Drumsticks ● Mushroom Frittata ● Pillow Rice & Peas ● Wilted Spinach	● Beef Fajitas ● Homemade Mac & Cheese ● Steamed Garden Vegetables ● Refried Beans
	● Assorted Ice Creams	● Fresh Cut Fruit	● Peach Cobbler	● Fresh Cut Fruit	● Assorted Ice Creams
			Educational Seasonings The First Thanksgiving		

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 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.

