









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

November 3-7 2008

	Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> <li>● Black Bean Soup</li> <li>● Corn Chowder</li> </ul>	<ul style="list-style-type: none"> <li>● Cream Of Broccoli</li> <li>● Chicken &amp; Rice</li> </ul>	<ul style="list-style-type: none"> <li>● Tomato Basil</li> <li>● Spicy Sausage &amp; Cabbage</li> </ul>	<ul style="list-style-type: none"> <li>● Garden Vegetable</li> <li>● Clam Chowder</li> </ul>	<ul style="list-style-type: none"> <li>● Tuscan White Bean</li> <li>● Beef Barley</li> </ul>
	<ul style="list-style-type: none"> <li>● Asian Chicken Salad</li> </ul>	<ul style="list-style-type: none"> <li>● Waldorf Salad</li> </ul>	<ul style="list-style-type: none"> <li>● Beef Fajita Salad</li> </ul>	<ul style="list-style-type: none"> <li>● Egg Salad</li> </ul>	<ul style="list-style-type: none"> <li>● Pesto Pasta Salad</li> </ul>
	<ul style="list-style-type: none"> <li>● Shrimp Po-boys</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Tenders</li> </ul>	<ul style="list-style-type: none"> <li>● Cheese Burgers</li> </ul>	<ul style="list-style-type: none"> <li>● Brisket Sandwich</li> </ul>	<ul style="list-style-type: none"> <li>● Catfish Sandwich</li> </ul>
	<ul style="list-style-type: none"> <li>● Spaghetti &amp; Meatballs</li> <li>● Grilled Vegetable Lasagna</li> <li>● Italian Green Beans                             <ul style="list-style-type: none"> <li>● Sautéed Mushrooms</li> <li>● Fried Rice Dumplings</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Texas Meatloaf</li> <li>● Garlic Mashed Potatoes</li> <li>● Baked Rigatoni</li> <li>● Sautéed Spinach</li> <li>● Roasted Cauliflower</li> <li>● Chili Cheese Cornbread</li> </ul>	<ul style="list-style-type: none"> <li>● Herb Crusted Pork Loin</li> <li>● Roasted Veggie Paella</li> <li>● Roasted Potatoes</li> <li>● Fruited Cous Cous</li> <li>● Sugar Snap Peas</li> <li>● Lemon Dill Baby Carrots</li> </ul>	<ul style="list-style-type: none"> <li>● Fajitas ● Beef or ● Chicken</li> <li>● Spinach Enchiladas                             <ul style="list-style-type: none"> <li>● Pinto Beans</li> <li>● Spanish Rice</li> </ul> </li> <li>● Sautéed Peppers</li> <li>● Seasoned Green Peas</li> </ul>	<ul style="list-style-type: none"> <li>● Broiled Tilapia</li> <li>● Stuffed Peppers                             <ul style="list-style-type: none"> <li>● Rice pilaf</li> </ul> </li> <li>● Savory Spinach</li> <li>● Roasted Vegetables</li> </ul>
	<ul style="list-style-type: none"> <li>● Berry Forest Cobbler</li> <li>● Fresh Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Chocolate Mousse</li> <li>● Fresh Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Fresh Berry Parfait</li> <li>● Fresh Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Sopapillias</li> <li>● Fresh Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Tiramisu</li> <li>● Fresh Cut Fruit</li> </ul>
	<ul style="list-style-type: none"> <li>● Asian Action Station</li> </ul>	<ul style="list-style-type: none"> <li>● Pasta Bar</li> </ul>	<ul style="list-style-type: none"> <li>● Baked Potato Bar</li> </ul>	<ul style="list-style-type: none"> <li>● Pasta Bar</li> </ul>	<ul style="list-style-type: none"> <li>● BBQ Bar</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.

