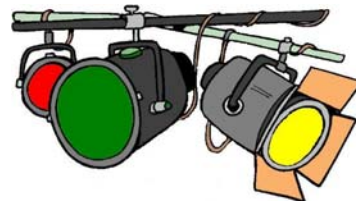







# Mounds Park Academy

## SAGE Spotlight Nutrition Program

**STOP!** Think about eating less  
**SLOW DOWN.** Balance with green choices  
**GO!** Eat all you want



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> <li>● Chicken Noodle Soup</li> <li>● Vegetarian Vegetable Bean</li> </ul>	<ul style="list-style-type: none"> <li>● Beef &amp; Wild Rice</li> <li>● Pasta Fagioli</li> </ul>	<ul style="list-style-type: none"> <li>● Seafood Gumbo</li> <li>● Mushroom Barley Soup</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Vegetable</li> <li>● Cheddar Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>● Corn Chowder</li> <li>● <i>The Salad Works</i></li> <li>● <i>Classic Cuts Deli</i></li> </ul>
	<ul style="list-style-type: none"> <li>● Rigatoni &amp; Sausage</li> <li>● Ginger Chicken</li> <li>● Roasted Red Bliss</li> <li>● Steamed Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>● Turkey Cutlet</li> <li>● Bean &amp; Cheese Burrito</li> <li>● Fluffy Rice</li> <li>● Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>● Baked Ziti</li> <li>● Pan Seared Salmon</li> <li>● Sweet Potatoes</li> <li>● Fresh Carrots</li> </ul>	<ul style="list-style-type: none"> <li>● Herb Chicken</li> <li>● Carved Roast Beef</li> <li>● Fresh Mashed Potatoes</li> <li>● Whole Kernel Corn</li> </ul>	<ul style="list-style-type: none"> <li>● Asian Beef Stir-Fry</li> <li>● Macadamia Tilapia</li> <li>● Coconut Rice</li> <li>● Sauteed Zucchini</li> </ul>
	<ul style="list-style-type: none"> <li>● The Rice Bowl</li> </ul>	<ul style="list-style-type: none"> <li>● Mangia! Mangia! Pizza Station</li> </ul>	<ul style="list-style-type: none"> <li>● Burger Bar Turkey, Beef, Veggie &amp; Toppings</li> </ul>	<ul style="list-style-type: none"> <li>● Pasta Saute</li> <li>● Garlic Bread</li> <li>● Steamed Spinach</li> </ul>	<ul style="list-style-type: none"> <li>● Taco Bar Chicken &amp; Tofu</li> </ul>
	<ul style="list-style-type: none"> <li>● Roman Salad</li> <li>● Caesar Ravioli</li> <li>● Thai Cabbage Toss</li> </ul>	<ul style="list-style-type: none"> <li>● Creamy Cole Slaw</li> <li>● Tri Color Pasta</li> <li>● Tarragon Chicken</li> </ul>	<ul style="list-style-type: none"> <li>● Roasted Vegetable Salad</li> <li>● Spanish Arroz</li> <li>● Cucumber &amp; Onion</li> </ul>	<ul style="list-style-type: none"> <li>● Marinated Mushrooms</li> <li>● Carrot &amp; Raisin</li> <li>● Fajita Toss</li> </ul>	<ul style="list-style-type: none"> <li>● Pesto Vegetables</li> <li>● Broccoli &amp; Tortellini</li> <li>● Shrimp Salad</li> </ul>
	<ul style="list-style-type: none"> <li>● Homemade Cookies</li> <li>● Seasonal Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Assorted Ice Cream</li> <li>● Seasonal Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Seasonal Fresh Fruit</li> <li>● Peach Cobbler</li> </ul>	<ul style="list-style-type: none"> <li>● Seasonal Fresh Fruit</li> <li>● Chocolate Brownies</li> </ul>	<ul style="list-style-type: none"> <li>● Seasonal Fresh Fruit</li> <li>● Frosted Yellow Cake</li> </ul>

