










STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

November 10-14th 2008

	Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> ● Vegetable Soup \$2.25 	<ul style="list-style-type: none"> ● Oriental Chicken Soup \$2.25 	<ul style="list-style-type: none"> ● Pasta Fagioli Soup \$2.25 	<ul style="list-style-type: none"> ● Chicken Tortilla Soup \$2.25 	<ul style="list-style-type: none"> ● Beef Barley Soup \$2.25
	<ul style="list-style-type: none"> ● Fried Chicken Salad \$4.95 	<ul style="list-style-type: none"> ● Chicken Caesar Salad \$4.95 	<ul style="list-style-type: none"> ● Grilled Chipolte Chicken Caesar \$4.95 	<ul style="list-style-type: none"> ● Grilled Chicken & Fresh Fruit Salad \$4.95 	<ul style="list-style-type: none"> ● Buffalo Chicken Salad \$4.95
	<ul style="list-style-type: none"> ● Toasted Chicken Fajita Sandwich \$3.95 ● Chicken Caesar Wrap \$3.95 	<ul style="list-style-type: none"> ● Ham & Cheddar on An Onion Roll \$3.95 ● Buffalo Chicken Wrap \$3.95 	<ul style="list-style-type: none"> ● Turkey Pastrami & Swiss \$3.95 ● Chicken Cordon Bleu Melt \$3.95 	<ul style="list-style-type: none"> ● Pepper Jack Chicken Melt \$3.95 ● Honey Mustard Chicken Wrap \$3.95 	<ul style="list-style-type: none"> ● Grilled Chicken Caesar Wrap \$4.95
	<ul style="list-style-type: none"> ● Herb Crusted Pork Loin ● Roasted Red Potatoes ● Fresh Green Beans & Carrots ● Sweet Yeast Roll \$4.95 	<ul style="list-style-type: none"> ● Grilled Chicken Teriyaki ● Brown Rice ● Fresh Stir Fry Vegetables ● Fortune Cookie \$4.95 	<ul style="list-style-type: none"> ● Homemade Lasagna ● Three Cheese Lasagna ● Garlic Bread Stick ● Fresh Vegetable Medley \$4.95 	<ul style="list-style-type: none"> ● Chicken Fajitas ● Mexican Rice ● Refried Beans ● Spanish Corn \$4.95 	<ul style="list-style-type: none"> ● Chicken a la King ● Rice Pilaf ● Fresh Broccoli ● Buttermilk Biscuit \$4.95
	<ul style="list-style-type: none"> ● Chicken Tenders \$3.95 ● Grilled Hot Dog \$1.50 	<ul style="list-style-type: none"> ● Chicken Patty Sandwich \$2.95 ● Cheese Burger \$2.65 	<ul style="list-style-type: none"> ● Bacon Cheese Burger \$2.95 ● Grilled Buffalo Chicken Sandwich \$3.50 	<ul style="list-style-type: none"> ● Nachos with Cheese Sauce 3.00 ● Quesadilla \$3.50 	<ul style="list-style-type: none"> ● Grilled BBQ Chicken Sandwich \$3.50 ● Waffle Fries \$2.00
	<ul style="list-style-type: none"> ● Cheese Pizza By the Slice \$2.25 ● Shells with Marinara Sauce \$3.50 	<ul style="list-style-type: none"> ● Meatlovers Pizza By the Slice \$2.50 ● Rotini Alfredo \$3.50 	<ul style="list-style-type: none"> ● Italian Sausage Sub \$3.95 ● Bow-Tie Pasta with Alfredo Sauce \$3.50 	<ul style="list-style-type: none"> ● Vegetable Pizza By the Slice \$2.50 ● Penne Pasta with Marinara Sauce \$3.50 	<ul style="list-style-type: none"> ● Sausage Pizza by the Slice \$2.50 ● Ziti Pasta with Marinara Sauce \$3.50
	<ul style="list-style-type: none"> ● Assorted Fresh Fruit \$.65 ● Fresh Baked Cookies \$1.10 	<ul style="list-style-type: none"> ● Fresh Fruit Cup \$2.50 ● Devils Food Cake \$1.95 	<ul style="list-style-type: none"> ● Giant Chocolate Chip Cookies \$1.60 ● Yogurt Parfait Cup \$1.75 	<ul style="list-style-type: none"> ● Banana Pudding Cup \$1.75 ● Assorted Fresh Fruit \$.65 	<ul style="list-style-type: none"> ● Homemade Warm Cobbler \$1.95 ● Chocolate Chip Cookies \$1.10

At The Salad Works prepared Salads are served
 SAGE's chefs offer 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 sandwiched are prepared each day
 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.

