



STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

November 17-21st 2008

	Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> Chicken Noodle Soup \$1.95 	<ul style="list-style-type: none"> Chicken Florentine Soup \$1.95 	<ul style="list-style-type: none"> Texas Chili \$2.25 	<ul style="list-style-type: none"> Vegetable Soup \$1.95 	<ul style="list-style-type: none"> Manhattan Clam Chowder \$1.95
	<ul style="list-style-type: none"> Buffalo Chicken Salad \$3.95 	<ul style="list-style-type: none"> Oriental Chicken Salad \$4.95 	<ul style="list-style-type: none"> Chicken Caesar Salad \$4.95 	<ul style="list-style-type: none"> Fried Chicken Salad \$4.95 	<ul style="list-style-type: none"> Tuna Salad \$3.95
	<ul style="list-style-type: none"> Honey Ham & Cheddar Melt \$3.95 Chicken Caesar Wrap \$3.95 	<ul style="list-style-type: none"> Turkey Club Wrap \$3.95 Buffalo Chicken Melt \$3.95 	<ul style="list-style-type: none"> Grilled Tuna Melt \$3.95 Turkey & Provolone \$3.95 	<ul style="list-style-type: none"> Italian Hero \$3.95 Grilled Chicken Cordon Bleu Sandwich \$3.95 	<ul style="list-style-type: none"> Ranch Chicken Wrap \$3.95 Turkey & Swiss on an Onion Roll \$3.95
	<ul style="list-style-type: none"> Brunch For Lunch Scrambled Eggs Grits Bacon or Sausage Hash Brown Potatoes Fresh Toast Sticks or Biscuit \$4.95 	<ul style="list-style-type: none"> General Tso's Chicken Brown Rice Fresh Stir Fry Vegetables Fortune Cookie \$4.95 	<ul style="list-style-type: none"> Made to Order Burrito Bar Spanish Rice Refried Beans Fresh Vegetable Blend \$4.95 Vegetarian Nachos \$3.95 	<ul style="list-style-type: none"> Roast Turkey Breast Mashed Potatoes Cornbread Dressing Fresh Green Beans & Carrots \$5.25 	<ul style="list-style-type: none"> Buffalo Wing Bar Celery & Carrot Sticks Waffle Fries Pasta Salad \$4.95
	<ul style="list-style-type: none"> Grilled Chicken Sandwich \$3.50 Cheese Quesadilla \$2.50 	<ul style="list-style-type: none"> Chicken Tenders \$3.95 Corn Dog \$1.75 	<ul style="list-style-type: none"> Chicken Patty Sandwich \$2.95 Cheeseburger \$2.65 	<ul style="list-style-type: none"> Bacon Cheese Burger \$2.95 Grilled Hot Dog \$1.50 	<ul style="list-style-type: none"> Grilled BBQ Chicken Sandwich \$3.50 Grilled Hamburger \$2.40
	<ul style="list-style-type: none"> Pepperoni Pizza by the Slice \$2.50 Bow-Tie Pasta with Marinara Sauce \$3.50 	<ul style="list-style-type: none"> Meat Lovers Pizza by the Slice \$2.50 Pizza Combo \$5.95 	<ul style="list-style-type: none"> Ziti Pasta with Marinara Sauce \$3.50 Cheese Pizza by the Slice \$2.25 	<ul style="list-style-type: none"> Vegetable Pizza by the Slice \$2.25 Pizza Combo \$5.95 	<ul style="list-style-type: none"> Ziti Pasta with Alfredo Sauce \$3.50 Pepperoni Pizza By the Slice
	<ul style="list-style-type: none"> Yogurt Parfait \$1.75 Banana Pudding Parfait \$1.75 	<ul style="list-style-type: none"> Assorted Fresh Fruit \$.65 Chocolate Cake \$1.95 	<ul style="list-style-type: none"> Fresh Fruit Cup \$2.50 Golden Yellow Cake \$1.95 	<ul style="list-style-type: none"> Pudding Parfait \$1.75 Pumpkin Pie \$1.95 	<ul style="list-style-type: none"> Sliced Apples & Peanut Butter \$1.50 Strawberry Shortcake \$1.95

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.

