










STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

November 24-28th 2008

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|---|
|  | <ul style="list-style-type: none"> ● Minestrone Soup \$2.25 | <ul style="list-style-type: none"> ● Brunswick Stew \$2.25 | | | |
|  | <ul style="list-style-type: none"> ● Strawberry & Spinach Salad \$4.95 | <ul style="list-style-type: none"> ● Grilled Chicken & Fresh Fruit Salad \$4.95 | | | |
|  | <ul style="list-style-type: none"> ● Turkey & Swiss \$3.95 ● Buffalo Chicken Wrap \$3.95 | <ul style="list-style-type: none"> ● Honey Ham & Swiss \$3.95 ● Fried Chicken Wrap \$3.95 | No School | No School | No School |
|  | <ul style="list-style-type: none"> ● Spaghetti with Meat Sauce or Marinara Sauce ● Fresh Broccoli Florets ● Garlic Roll \$4.95 | <ul style="list-style-type: none"> ● BBQ Pork Sandwich ● Baked Beans ● Buttered Corn ● Fresh Vegetable Medley \$4.95 | Have a Great Thanksgiving Holiday from all of us at Sage Dining Services! | Have a Great Thanksgiving Holiday from all of us at Sage Dining Services! | Have a Great Thanksgiving Holiday from all of us at Sage Dining Services! |
|  | <ul style="list-style-type: none"> ● Chicken Tenders \$3.95 ● French Fry Basket \$2.00 | <ul style="list-style-type: none"> ● Bacon Cheese Burger \$2.95 ● Grilled Chicken Sandwich \$3.95 | | | |
|  | <ul style="list-style-type: none"> ● Pepperoni Pizza by the Slice \$2.50 ● Meat Ball Submarine Sandwich \$3.75 | <ul style="list-style-type: none"> ● Rigatoni Pasta with Alfredo Sauce \$3.95 ● Cheese Pizza By the Slice \$2.25 | | | |
|  | <ul style="list-style-type: none"> ● Fresh Fruit Cup \$2.50 ● Chocolate Pudding Parfait \$1.75 | <ul style="list-style-type: none"> ● Assorted Fresh Fruit \$.65 ● Homemade Apple Crisp \$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.

