










**STOP**  
think about eating a smaller portion

**SLOW**  
balance your meal with green choices

**GO**  
eat all you want!

November 3-7<sup>th</sup> 2008

	Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> <li>● Minestrone Soup \$2.25</li> </ul>	<ul style="list-style-type: none"> <li>● Oriental Chicken Soup \$2.25</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Tortilla Soup \$2.25</li> </ul>	<ul style="list-style-type: none"> <li>● Tomato Rice Soup \$2.25</li> </ul>	<ul style="list-style-type: none"> <li>● New England Clam Chowder \$2.25</li> </ul>
	<ul style="list-style-type: none"> <li>● Grilled Chicken &amp; Fresh Fruit Salad \$4.95</li> </ul>	<ul style="list-style-type: none"> <li>● Grilled Chicken Salad \$4.95</li> </ul>	<ul style="list-style-type: none"> <li>● Buffalo Chicken Salad \$4.95</li> </ul>	<ul style="list-style-type: none"> <li>● Fried Chicken Salad \$4.95</li> </ul>	<ul style="list-style-type: none"> <li>● Seafood Salad \$4.95</li> </ul>
	<ul style="list-style-type: none"> <li>● Buffalo Chicken Wrap \$3.95</li> <li>● Ham &amp; Cheddar \$3.95</li> </ul>	<ul style="list-style-type: none"> <li>● Turkey &amp; Swiss \$3.95</li> <li>● Honey Mustard Chicken Wrap \$3.95</li> </ul>	<ul style="list-style-type: none"> <li>● Turkey &amp; Provolone \$3.95</li> <li>● Ranch Chicken Wrap \$3.95</li> </ul>	<ul style="list-style-type: none"> <li>● Grilled Chicken Caesar Wrap \$3.95</li> <li>● Turkey &amp; Swiss \$3.95</li> </ul>	<ul style="list-style-type: none"> <li>● Ranch Chicken Wrap \$3.95</li> <li>● Italian Hero \$3.95</li> </ul>
	<ul style="list-style-type: none"> <li>● Chicken Parmesan</li> <li>● Bow-Tie Pasta</li> <li>● Fresh Green Beans</li> <li>● Garlic Bread \$4.95</li> </ul>	<ul style="list-style-type: none"> <li>● Sweet &amp; Sour Chicken</li> <li>● Fried Rice</li> <li>● Fresh Stir Fry Vegetables</li> <li>● Fortune Cookie \$4.95</li> </ul>	<ul style="list-style-type: none"> <li>● Beef Taco Salad or</li> <li>● Chicken Taco Salad</li> <li>● Spanish Rice</li> <li>● Refried Beans \$4.95</li> </ul>	<ul style="list-style-type: none"> <li>● Braised Beef Tips</li> <li>● Buttered Noodles</li> <li>● Fresh Greens &amp; Mushrooms</li> <li>● Warm Dinner Roll \$4.95</li> </ul>	<ul style="list-style-type: none"> <li>● Southern Fried Chicken</li> <li>● Fresh California Vegetables</li> <li>● Macaroni &amp; Cheese</li> <li>● Buttermilk Biscuit \$4.95</li> </ul>
	<ul style="list-style-type: none"> <li>● Chicken Tenders \$3.95</li> <li>● Grilled Chicken Sandwich \$3.50</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Patty Sandwich \$2.95</li> <li>● French Fries \$2.00</li> </ul>	<ul style="list-style-type: none"> <li>● BBQ Chicken Sandwich \$3.50</li> <li>● Nachos \$3.95</li> </ul>	<ul style="list-style-type: none"> <li>● Cheese Burger \$2.65</li> <li>● Chicken Patty \$2.95</li> </ul>	<ul style="list-style-type: none"> <li>● Grilled Chicken Sandwich \$3.50</li> <li>● Waffle Fries \$2.25</li> </ul>
	<ul style="list-style-type: none"> <li>● Slice of Meat Lovers Pizza \$2.50</li> <li>● Bow-Tie Pasta with Alfredo Sauce \$3.50</li> </ul>	<ul style="list-style-type: none"> <li>● Rotini Pasta Marinara \$3.50</li> <li>● Slice of Sausage Pizza \$2.50</li> </ul>	<ul style="list-style-type: none"> <li>● Meat Lovers Calzone \$4.95</li> <li>● Slice of Cheese Pizza \$2.25</li> </ul>	<ul style="list-style-type: none"> <li>● Bow-Tie Marinara \$3.50</li> <li>● Pizza Combo \$5.95</li> </ul>	<ul style="list-style-type: none"> <li>● Penne Pasta with Alfredo Sauce \$3.50</li> <li>● Slice of Vegetable Pizza \$2.25</li> </ul>
	<ul style="list-style-type: none"> <li>● Fresh Fruit Cup \$2.50</li> <li>● Fresh Baked Cookies \$1.10</li> </ul>	<ul style="list-style-type: none"> <li>● Banana Pudding Parfait \$1.50</li> <li>● Golden Cake with Chocolate Frosting \$1.95</li> </ul>	<ul style="list-style-type: none"> <li>● Yogurt Parfait \$1.50</li> <li>● Fudge Brownies \$1.95</li> </ul>	<ul style="list-style-type: none"> <li>● Fresh Fruit Cup \$2.50</li> <li>● Chocolate Cake \$1.95</li> </ul>	<ul style="list-style-type: none"> <li>● Chocolate Pudding Parfait \$1.50</li> <li>● Warm Fruit Cobbler \$1.95</li> </ul>

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.

