



STOP
think about eating a smaller portion
SLOW
balance your meal with green choices
GO
eat all you want!

March 29th - April 3rd

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday		
Breakfast									
	<ul style="list-style-type: none"> Oatmeal Eggs to Order Waffle Station Bacon & Sausage Fresh Cut Fruit 	<ul style="list-style-type: none"> Grits Eggs to Order Waffle Station Bacon & Sausage Fresh Cut Fruit 	<ul style="list-style-type: none"> Oatmeal Scrambled Eggs Pancakes Bacon & Sausage Fresh Cut Fruit 	<ul style="list-style-type: none"> Grits Scrambled Eggs French Toast Bacon & Sausage Fresh Cut Fruit 	Waffle Bar Wednesday		<ul style="list-style-type: none"> Oatmeal Scrambled Eggs Pancakes Bacon & Sausage Fresh Cut Fruit 	<ul style="list-style-type: none"> Grits Scrambled Eggs French Toast Bacon & Sausage Fresh Cut Fruit 	<ul style="list-style-type: none"> Oatmeal Scrambled Eggs Pancakes Bacon & Sausage Fresh Cut Fruit
Daily Specials									
	<ul style="list-style-type: none"> Tomato Feta Salad 	<ul style="list-style-type: none"> Tuna Salad 	<ul style="list-style-type: none"> Greek Salad 	<ul style="list-style-type: none"> Fresh Vegetable Salad 	<ul style="list-style-type: none"> Very Berry Fruit Salad 	<ul style="list-style-type: none"> Tossed Avocado Salad 	<ul style="list-style-type: none"> Balsamic Mushrooms 		
	<ul style="list-style-type: none"> Corned Beef 	<ul style="list-style-type: none"> Honey Ham 	<ul style="list-style-type: none"> Smoked Turkey 	<ul style="list-style-type: none"> Pepper Jack Cheese 	<ul style="list-style-type: none"> Bologna 	<ul style="list-style-type: none"> Virginia Ham 	<ul style="list-style-type: none"> Smoked Provolone 		
	<ul style="list-style-type: none"> Chicken Noodle Vegetable 	<ul style="list-style-type: none"> Lentil Soup Vegetable 	<ul style="list-style-type: none"> Beef & Vegetable Vegetable 	<ul style="list-style-type: none"> Minestrone Vegetable 	<ul style="list-style-type: none"> Cream of Chicken Vegetable 	<ul style="list-style-type: none"> Black Bean Soup Vegetable 	<ul style="list-style-type: none"> New England Clam Chowder Vegetable 		
Lunch									
	<ul style="list-style-type: none"> Quesadilla Grilled Chicken Home Fries Grilled Mushrooms Mixed Vegetable 	<ul style="list-style-type: none"> Burgers Grilled Chicken Home Fries Grilled Eggplant Mixed Vegetable 	<ul style="list-style-type: none"> Bacon Cheddar Burger Buffalo Chicken Wings Parsley Potatoes Green Beans Provencal Garden Pasta 	<ul style="list-style-type: none"> Cajun Grilled Mahi Chicken & Sausage Gumbo Rice Pilaf Grilled Yellow Squash Bow Ties & Grilled Vegetables 	<ul style="list-style-type: none"> Soft Chicken Taco Bbq Beef Rosemary Roasted Potatoes Sauteed Spinach & Mushrooms Pasta Primavera 	<ul style="list-style-type: none"> Turkey Corn Dog Baked Lemon Herb Chicken Confetti Rice California Vegetable Mix Spaghetti & Marinara 	<ul style="list-style-type: none"> Fried Chicken Baked Catfish Filets Mashed Potatoes & Gravy Southern Vegetable Medley Macaroni & Cheese 		
	<ul style="list-style-type: none"> Sandwich Station 	<ul style="list-style-type: none"> Sandwich Station 	<ul style="list-style-type: none"> Grilled Reuben 	<ul style="list-style-type: none"> Buffalo Chicken Wrap 	<ul style="list-style-type: none"> Avocado Chipotle Pepperjack Chicken 	<ul style="list-style-type: none"> Malibu Chicken Sandwich 	<ul style="list-style-type: none"> Mexican Burger with Black Beans & Pico 		
	<ul style="list-style-type: none"> Melon Jello Bowl 	<ul style="list-style-type: none"> Dirty Moose Pudding 	<ul style="list-style-type: none"> Fruit Parfait 	<ul style="list-style-type: none"> Light Chocolate Mousse 	<ul style="list-style-type: none"> Reduced Sugar Apple Cobbler 	<ul style="list-style-type: none"> Low-fat Oatmeal Cookies 	<ul style="list-style-type: none"> Chocolate Brownies 		
Dinner									
	<ul style="list-style-type: none"> Top Your Own Burgers Bbq Chicken French Fries Baked Beans Green Beans Veggie Burgers 	<ul style="list-style-type: none"> Prime Rib Chicken Piccata Yukon Gold Mashed Grilled Eggplant Pasta & Marinara 	<ul style="list-style-type: none"> Sweet & Sour Chicken Pork Stir Fry Thai Jasmine Rice Bok Choy Lo Mein 	<ul style="list-style-type: none"> Carved Roast Beef Chicken Quesadillas Mashed Potatoes & Gravy Italian Vegetable Bow Ties & Pesto 	<ul style="list-style-type: none"> Chicken Adobo Grilled Ham & Swiss Parmesan Rice Citrus Carrots Tortellini Sweet Pepper 	<ul style="list-style-type: none"> Tacos, Fajitas Mexican Rice Fiesta Corn Fancy Zucchini Refried Beans 	<ul style="list-style-type: none"> Grilled Pork Chops Chicken Wings Scalloped Potatoes Steamed Broccoli Tomato & Basil Penne 		
	<ul style="list-style-type: none"> Dessert Variety Melon Jello Bowl 	<ul style="list-style-type: none"> Dessert Variety Moose Pudding 	<ul style="list-style-type: none"> Dessert Variety Fruit Parfait 	<ul style="list-style-type: none"> Dessert Variety Light Chocolate Mousse 	<ul style="list-style-type: none"> Dessert Variety Apple Cobbler 	<ul style="list-style-type: none"> Dessert Variety Oatmeal Cookies 	<ul style="list-style-type: none"> Dessert Variety Chocolate Brownies 		

The following 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.