

April 25th – May 1st



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

	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 	<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							
	● Tomato Feta Salad	● Tuna Salad	● Greek Salad	● Fresh Vegetable Salad	● Very Berry Fruit Salad	● Tossed Avocado Salad	● Balsamic Mushrooms
	● Corned Beef	● Honey Ham	● Smoked Turkey	● Pepper Jack Cheese	● Bologna	● Virginia Ham	● Smoked Provolone
 Vegetarian Soup	<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							
				Melon Madness			
	<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 ● Provençal 	<ul style="list-style-type: none"> ● Cajun Grilled Mahi ● Chicken & Sausage Gumbo ● Rice Pilaf ● Grilled Yellow Squash 	<ul style="list-style-type: none"> ● Soft Chicken Taco ● Bbq Beef ● Rosemary Roasted Potatoes ● Sautéed 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
Vegetarian Entree			● Garden Pasta	● Bow Ties & Grilled Vegetables			
	● Sandwich Station	● Sandwich Station	● Grilled Reuben	● Buffalo Chicken Wrap	● Avocado Chipotle Pepperjack Chicken	● Malibu Chicken Sandwich	● Mexican Burger with Black Beans & Pico
	● Melon Jello Bowl	● Dirty Moose Pudding	● Fruit Parfait	● Light Chocolate Mousse	● Reduced Sugar Apple Cobbler	● Low-fat Oatmeal Cookies	● Chocolate Brownies
Dinner							
	<ul style="list-style-type: none"> ● Top Your Own Burgers ● Bbq Chicken ● French Fries ● Baked Beans ● Green Beans 	<ul style="list-style-type: none"> ● Carved Roast Beef ● Grilled Chicken ● Mashed Potatoes & Gravy ● Steamed Broccoli 	<ul style="list-style-type: none"> ● Sweet & Sour Chicken ● Pork Stir Fry ● Thai Jasmine Rice ● Bok Choy 	<ul style="list-style-type: none"> ● Cajun Honey Pork Loin ● Chicken Quesadillas ● Rice Pilaf ● Italian Vegetable 	<ul style="list-style-type: none"> ● Chicken Adobo ● Grilled Ham & Swiss ● Parmesan Rice ● Citrus Carrots 	<ul style="list-style-type: none"> ● Tacos, Fajitas ● Mexican Rice ● Fiesta Corn ● Fancy Zucchini 	<ul style="list-style-type: none"> ● Grilled Pork Chops ● Chicken Wings ● Scalloped Potatoes ● Steamed Broccoli
Vegetarian Entree	● Veggie Burgers	● Pasta & Marinara	● Lo Mein	● Bow Ties & Pesto	● Tortellini Sweet Pepper	● Refried Beans	● 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.