










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

March 7th – March 13th

	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							
	● Caesar Salad	● Vinaigrette Coleslaw	● Southwest Black Bean Salad	● Strawberry Spinach Salad	● Chicken Salad	● Fresh Pasta Salad	● Dill Cucumber Salad
	● Sharp Cheddar	● Pepperoni	● Provolone	● Corned Beef	● Wisconsin Cheddar	● Pit Ham	● Genoa Salami
 Vegetarian Soup	<ul style="list-style-type: none"> ● Tomato Soup ● Vegetable Soup 	<ul style="list-style-type: none"> ● Broccoli Cheddar Soup ● Vegetable Soup 	<ul style="list-style-type: none"> ● Chicken & Rice Soup ● Vegetable Soup 	<ul style="list-style-type: none"> ● Corn Chowder ● Vegetable Soup 	<ul style="list-style-type: none"> ● Cream of Mushroom Soup ● Vegetable Soup 	<ul style="list-style-type: none"> ● Chili ● Vegetable Soup 	<ul style="list-style-type: none"> ● Manhattan Clam Chowder ● Vegetable Soup
Lunch							
	<ul style="list-style-type: none"> ● Burgers ● Grilled Chicken ● Home Fries ● Broccoli ● Mixed Vegetable 	<ul style="list-style-type: none"> ● Burgers ● Grilled Chicken ● Home Fries ● Grilled Mushrooms ● Mixed Vegetable 	<ul style="list-style-type: none"> ● Chicken & Shrimp Paella ● Buffalo Chicken Sandwich ● Ranch Potatoes ● Grilled Vegetables 	<ul style="list-style-type: none"> ● Beef Soft Tacos ● Chicken Pot Pie ● Spanish Rice ● Cauliflower & Broccoli 	<ul style="list-style-type: none"> ● Chicken Chasseur ● Grilled Mahi with Pineapple Relish ● Jasmine Rice ● Glazed Carrots 	<ul style="list-style-type: none"> ● Greek Gyro ● Chicken Parmesan ● Red Bliss Potatoes ● Broccoli 	<ul style="list-style-type: none"> ● Beef Lasagna ● Yellow Rice ● Sautéed Spinach & Mushrooms
Vegetarian Entree	● Omelet Bar	● Omelet Bar	● Baked Rigatoni	● Vegetable Lo Mein	● Roasted Tomato Tart	● Stuffed Portobelo	● Caribbean Tilapia
	● Quesadilla Station	● Quesadilla Station	● Meatball Hoagie	● Cuban Sandwich	● Bacon Cheddar Burger	● Grilled 2 Cheese & Ham	● Monterey Grilled Chicken
	● Sugar-Free Jello	● Caramel Brownies	● Fruit Bowl	● Yogurt Parfait	● Pumpkin Pie	● Fudge Pudding	● Strawberry Delight
Dinner							
	<ul style="list-style-type: none"> ● Grilled Chicken Breasts ● Stromboli ● Macaroni & Cheese ● Asparagus 	<ul style="list-style-type: none"> ● Carved Roast Beef ● Grilled Chicken ● Mashed Potatoes ● Peas & Mushrooms 	<ul style="list-style-type: none"> ● Omelet Station ● Bacon/Sausage ● Banana Pancakes ● Tater Tots 	<ul style="list-style-type: none"> ● Baked Beef Lasagna ● Tortellini & Marinara ● Rosemary Potatoes ● Carrots & Snaps 	<ul style="list-style-type: none"> ● Mongolian BBQ Beef ● Chicken or Shrimp ● Steamed Rice ● Chinese Vegetables 	<ul style="list-style-type: none"> ● Grilled Pork Chops ● Turkey Corn Dogs ● Rosemary Fries ● Lemon Broccoli 	<ul style="list-style-type: none"> ● Oriental Chicken ● French Dip ● Homemade Potato Chips ● Brown Rice Pilaf ● Mixed Vegetables
Vegetarian Entree	● Black-eyed Peas & Rice	● Pasta & Marinara	● Quiche	● Shrimp Creole	● Lo Mein	● Pasta & Marinara	● Tomato & Basil Penne
	<ul style="list-style-type: none"> ● Dessert Variety ● Sugar-Free Jello 	<ul style="list-style-type: none"> ● Dessert Variety ● Caramel Brownies 	<ul style="list-style-type: none"> ● Dessert Variety ● Fruit Bowl 	<ul style="list-style-type: none"> ● Dessert Variety ● Yogurt Parfait 	<ul style="list-style-type: none"> ● Dessert Variety ● Pumpkin Pie 	<ul style="list-style-type: none"> ● Dessert Variety ● Fudge Pudding 	<ul style="list-style-type: none"> ● Dessert Variety ● Strawberry Delight

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.