



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

August 23rd–August 28th

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

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.