












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

February 28th – March 6th

	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							
	● Wilted Spinach Salad	● Sunrise Salad	● Tart & Tangy Fresh Fruit Salad	● Doria Salad	● Antipasto Salad	● Hawaiian Salad	● Macaroni Salad
	● Genoa Salami	● American Cheese	● Natural Smoked Ham	● Big Eye Swiss	● Cappicola Ham	● Roast Beef	● Cheddar Cheese
 Vegetarian Soup	<ul style="list-style-type: none"> ● Chicken Noodle Soup ● Vegetable Soup 	<ul style="list-style-type: none"> ● Cream of Tomato Soup ● Vegetable Soup 	<ul style="list-style-type: none"> ● White Chicken Chili ● Vegetable Soup 	<ul style="list-style-type: none"> ● Potato Leek Soup ● Vegetable Soup 	<ul style="list-style-type: none"> ● Italian Wedding Soup ● Vegetable Soup 	<ul style="list-style-type: none"> ● Chicken Vegetable Soup ● Vegetable Soup 	<ul style="list-style-type: none"> ● Puree of Broccoli Soup ● Vegetable Soup
Lunch							
	<ul style="list-style-type: none"> ● Burgers ● Grilled Chicken ● Home Fries ● Grilled Squash ● Mixed Vegetable ● Omelet Station 	<ul style="list-style-type: none"> ● Burgers ● Grilled Chicken ● Home Fries ● Sugar Snap Peas ● Mixed Vegetable ● Omelet Station 	<ul style="list-style-type: none"> ● B.L.T. ● Grilled Greek Chicken ● Beef Stuffed Peppers ● Brown Rice Risotto ● Carrots Vichy ● Spinach & Feta Quiche 	<ul style="list-style-type: none"> ● Chicken Cacciatore ● Meatloaf ● Mashed Potatoes ● Green Beans ● Spaghetti & Marinara 	<ul style="list-style-type: none"> ● Baked Taco Sandwich ● Arroz Con Pollo ● Herb Roasted Potatoes ● Meatball Baked Ziti ● Vegetable Stir Fry 	<ul style="list-style-type: none"> ● Pork Roast Au Jus ● Lemon Caper Chicken ● Honey Orange Yams ● Sauteed Zucchini ● Tomato Basil Penne 	<ul style="list-style-type: none"> ● Battered Tilapia ● Curried Chicken ● Jasmine Rice ● Mixed Vegetables ● Caesar Salad Wrap
	● Grilled Ham & Cheese	● Tuna Melt	● Double Cheeseburger	● Turkey Panini	● Tuna Club	● Turkey Burger with Pepperjack Cheese	● Veggie Burger
	● Baked Bananas	● Strawberry Yogurt Granola Parfait	● Strawberry Banana Jello	● Bread Pudding	● Cherry Cheese Crumb Cake	● Strawberry Angel Cake	● Fresh Baked Chocolate Chip Cookies
Dinner							
	<ul style="list-style-type: none"> ● Smothered Chicken ● Cajun Roasted Potatoes ● Roasted Vegetables ● Creole Tilapia 	<ul style="list-style-type: none"> ● Carved Turkey ● Cornbread Stuffing ● Mashed Potatoes ● Carrot Coins ● Grilled Cheese 	<ul style="list-style-type: none"> ● Sesame Ginger Pork ● Rosemary Chicken ● Sweet Potato Cassy ● Green Beans ● Pasta Chi Chi 	<ul style="list-style-type: none"> ● Beef Stir Fry ● Chicken Tenders ● Jasmine Rice ● Grilled Yellow Squash ● Vegetable Lo Mein 	<ul style="list-style-type: none"> ● Rotisserie Chicken ● Beef Stroganoff ● Buttered Egg Noodles ● Italian Vegetables ● Grilled Vegetable Tart 	<ul style="list-style-type: none"> ● Jerk Turkey ● Teriyaki Pork Ribs ● Risotto ● Pesto Tortellini ● Stuffed Tomatoes 	<ul style="list-style-type: none"> ● BBQ Chicken ● BBQ Shredded Beef ● Baked Beans ● Potatoes Romanoff ● Spaghetti Squash
	<ul style="list-style-type: none"> ● Dessert Variety ● Baked Bananas 	<ul style="list-style-type: none"> ● Dessert Variety ● Granola Parfait 	<ul style="list-style-type: none"> ● Dessert Variety ● Jello Cups 	<ul style="list-style-type: none"> ● Dessert Variety ● Bread Pudding 	<ul style="list-style-type: none"> ● Dessert Variety ● Cherry Cheese 	<ul style="list-style-type: none"> ● Dessert Variety ● Angel Cake 	<ul style="list-style-type: none"> ● Dessert Variety ● Chocolate Chip Cookies

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.