



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

March 14<sup>th</sup> – March 20<sup>th</sup>

	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>	<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>Daily Specials</b>							
	<ul style="list-style-type: none"> <li>Tortellini Asparagus</li> </ul>	<ul style="list-style-type: none"> <li>Broccoli &amp; Sweet Pepper Salad</li> </ul>	<ul style="list-style-type: none"> <li>Caesar Salad</li> </ul>	<ul style="list-style-type: none"> <li>Spicy Egg Salad</li> </ul>	<ul style="list-style-type: none"> <li>Marinated Potato Salad</li> </ul>	<ul style="list-style-type: none"> <li>Bleu Cheese Chopped Salad</li> </ul>	<ul style="list-style-type: none"> <li>Lemon Lime Infused Fruit Salad</li> </ul>
	<ul style="list-style-type: none"> <li>Roasted Turkey</li> </ul>	<ul style="list-style-type: none"> <li>Pastrami</li> </ul>	<ul style="list-style-type: none"> <li>Provolone</li> </ul>	<ul style="list-style-type: none"> <li>Big Eye Swiss</li> </ul>	<ul style="list-style-type: none"> <li>Deli Roast Beef</li> </ul>	<ul style="list-style-type: none"> <li>Part-Skim Mozzarella</li> </ul>	<ul style="list-style-type: none"> <li>Honey Ham</li> </ul>
	<ul style="list-style-type: none"> <li>Spicy Black Bean Soup</li> <li>Vegetarian Soup</li> <li>Vegetable Soup</li> </ul>	<ul style="list-style-type: none"> <li>Chicken &amp; Rice Soup</li> <li>Vegetable Soup</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>Roasted Potato Soup</li> <li>Vegetable Soup</li> </ul>	<ul style="list-style-type: none"> <li>French Onion Soup</li> <li>Vegetable Soup</li> </ul>	<ul style="list-style-type: none"> <li>Tomato Soup</li> <li>Vegetable Soup</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Florentine Soup</li> <li>Vegetable Soup</li> </ul>
<b>Lunch</b>							
	<ul style="list-style-type: none"> <li>Burgers</li> <li>Grilled Chicken</li> <li>Home Fries</li> <li>Grilled Mushrooms</li> <li>Mixed Vegetable</li> <li>Omelet Bar</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> <li>Omelet Bar</li> </ul>	<ul style="list-style-type: none"> <li>Mandarin Mu Shu Pork Wrap</li> <li>Salisbury Steak</li> <li>Mashed Potatoes</li> <li>Roasted Zucchini</li> <li>Bow Tie Martinique</li> </ul>	<ul style="list-style-type: none"> <li>BLT Pita</li> <li>Maple Mustard Glazed Chicken</li> <li>Parsley Potatoes</li> <li>Oriental Green Beans</li> <li>Pasta &amp; Marinara</li> </ul>	<ul style="list-style-type: none"> <li>Pulled Pork</li> <li>Chicken Stir Fry</li> <li>Jasmine Rice</li> <li>Bok Choy Stir Fry</li> <li>Szechuan Vegetable Noodles</li> </ul>	<ul style="list-style-type: none"> <li>German Chicken</li> <li>Hot German Potato Salad</li> <li>Sautéed Mushrooms</li> <li>Pesto Tortellini</li> </ul>	<ul style="list-style-type: none"> <li>Pork Carnitas</li> <li>Shrimp Creole</li> <li>Fettuccine Alfredo</li> <li>Broccoli &amp; Cheese</li> <li>Red Beans &amp; Rice</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>Portobelo Burger</li> </ul>	<ul style="list-style-type: none"> <li>Grilled Chicken Caesar Wrap</li> </ul>	<ul style="list-style-type: none"> <li>Grilled Veggie Wheat Wrap</li> </ul>	<ul style="list-style-type: none"> <li>Reuben Sandwich</li> </ul>	<ul style="list-style-type: none"> <li>Grilled Tilapia Sandwich</li> </ul>
	<ul style="list-style-type: none"> <li>Fruit Parfait Granola</li> </ul>	<ul style="list-style-type: none"> <li>Pineapple Berry Sticks</li> </ul>	<ul style="list-style-type: none"> <li>Dessert Pizza</li> </ul>	<ul style="list-style-type: none"> <li>Strawberry-Banana Jello Cups</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Apple Bake</li> </ul>	<ul style="list-style-type: none"> <li>Apple Strudel</li> </ul>	<ul style="list-style-type: none"> <li>Fudge Pudding</li> </ul>
<b>Dinner</b>							
				<b>Buffalo (Ed. Seasoning)</b>		<b>Cupcake Celebration</b>	
	<ul style="list-style-type: none"> <li>Pot Roast</li> <li>Chicken Piccata</li> <li>Steamed Potatoes</li> <li>Baked Carrots &amp; Onions</li> <li>Ravioli &amp; Marinara</li> </ul>	<ul style="list-style-type: none"> <li>Fried Chicken</li> <li>Penne with Italian Sausage</li> <li>Mashed Potatoes</li> <li>Green Beans</li> <li>Vegetable Pizza</li> </ul>	<ul style="list-style-type: none"> <li>Chicken or Beef Burritos</li> <li>Mexican Rice</li> <li>Corn &amp; Black Beans</li> <li>Grilled Vegetables</li> <li>Nacho Cheese &amp; Chips</li> <li>Vegetable Burritos</li> </ul>	<ul style="list-style-type: none"> <li>BBQ Pork Ribs</li> <li>Southern Oven Fried Chicken</li> <li>Black Eyed Peas</li> <li>Screamin Mean Greens</li> <li>Stewed Okra &amp; Tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Cordon Bleu</li> <li>Blackened Tilapia</li> <li>Garlic Mashed Potato</li> <li>Green Beans</li> <li>Vegetable Lo Mein.</li> </ul>	<ul style="list-style-type: none"> <li>Pizza Extravaganza</li> <li>Spaghetti &amp; Marinara</li> <li>Caesar Salad Station</li> <li>Grilled Squashed</li> <li>Vegetarian Pizza</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Philly Steak</li> <li>Beef Philly Steak</li> <li>Baked Potato Wedges</li> <li>Sauteed Vegetables</li> <li>Macaroni &amp; Cheese</li> </ul>
	<ul style="list-style-type: none"> <li>Dessert Variety</li> <li>Fruit Parfait Granola</li> </ul>	<ul style="list-style-type: none"> <li>Dessert Variety</li> <li>Pineapple Berry Sticks</li> </ul>	<ul style="list-style-type: none"> <li>Dessert Variety</li> <li>Dessert Pizza</li> </ul>	<ul style="list-style-type: none"> <li>Dessert Variety</li> <li>Cinnamon Stewed Apples</li> </ul>	<ul style="list-style-type: none"> <li>Dessert Variety</li> <li>Apple Bake</li> </ul>	<ul style="list-style-type: none"> <li>Dessert Variety</li> <li>Chocolate Brownies</li> </ul>	<ul style="list-style-type: none"> <li>Dessert Variety</li> <li>Fudge Pudding</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.