



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

April 18th – April 24th

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

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.