



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

May 16<sup>th</sup> – May 29<sup>th</sup>

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Breakfast Burrito Bar</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>							
	● Tortellini Asparagus	● Broccoli & Sweet Pepper Salad	● Caesar Salad	● Spicy Egg Salad	● Marinated Potato Salad	● Bleu Cheese Chopped Salad	● Lemon Lime Infused Fruit Salad
	● Roasted Turkey	● Pastrami	● Provolone	● Big Eye Swiss	● Deli Roast Beef	● Part-Skim Mozzarella	● Honey Ham
 Vegetarian Soup	<ul style="list-style-type: none"> <li>● Spicy Black Bean 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>● Baked Orange Glazed Chicken</li> <li>● Chicken Fingers</li> <li>● Steamed Rice</li> <li>● Sauteed 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>
	● Sandwich Station	● Sandwich Station	● Portobelo Burger	● Grilled Chicken Caesar Wrap	● Grilled Veggie Wheat Wrap	● Reuben Sandwich	● Grilled Tilapia Sandwich
	● Fruit Parfait Granola	● Pineapple Berry Sticks	● Dessert Pizza	● Strawberry-Banana Jello Cups	● Fresh Apple Bake	● Apple Strudel	● Fudge Pudding
<b>Dinner</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 Wings</li> <li>● BBQ Beef Ribs</li> <li>● Roasted Wedge Potatoes</li> <li>● Corn on the Cob</li> <li>● Marinated Potato Salad.</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>● Hummus &amp; Wheat Pita Chips</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.