



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

May 4th – May 10th

	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 	Omelet Bar	
	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
	<ul style="list-style-type: none"> Chicken Noodle Soup Vegetarian 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							
Vegetarianism							
	<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.