



October 17<sup>th</sup> – October 23<sup>rd</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>							
	● Tomato Feta Salad	● Tuna Salad	● Greek Salad	● Fresh Vegetable Salad	● Three Bean Salad	● Tex-Mex Salad	● Balsamic Mushrooms
	● Corned Beef	● Honey Ham	● Smoked Turkey	● Big Eye Swiss	● Bologna	● Virginia Ham	● Smoked Provolone
 Vegetarian Soup	<ul style="list-style-type: none"> <li>● Chicken Noodle</li> <li>● Vegetable Soup Du Jour</li> </ul>	<ul style="list-style-type: none"> <li>● Sante Fe Soup</li> <li>● Vegetable Soup Du Jour</li> </ul>	<ul style="list-style-type: none"> <li>● Beef &amp; Vegetable</li> <li>● Vegetable Soup Du Jour</li> </ul>	<ul style="list-style-type: none"> <li>● Minestrone</li> <li>● Vegetable Soup Du Jour</li> </ul>	<ul style="list-style-type: none"> <li>● Old Fashioned Chicken Soup</li> <li>● Vegetable Soup Du Jour</li> </ul>	<ul style="list-style-type: none"> <li>● Black Bean Soup</li> <li>● Mexican Tortilla Soup</li> </ul>	<ul style="list-style-type: none"> <li>● New England Clam Chowder</li> <li>● Vegetable Soup Du Jour</li> </ul>
<b>Lunch</b>							
<b>Farm To Table Event</b>				<b>Hispanic Lunch</b>			
	<ul style="list-style-type: none"> <li>● Quesadilla</li> <li>● Grilled Chicken Breast</li> <li>● Home Fries</li> <li>● Grilled Mushrooms</li> <li>● Steamed Mixed Vegetable</li> <li>●● Omelet Station</li> </ul>	<ul style="list-style-type: none"> <li>● Burgers</li> <li>● Grilled Chicken Breast</li> <li>● Home Fries</li> <li>● Grilled Eggplant</li> <li>● Steamed Mixed Vegetable</li> <li>●● Omelet Station</li> </ul>	<ul style="list-style-type: none"> <li>● Pulled Pork</li> <li>● Buffalo Chicken Wings</li> <li>● Roasted Parsley Potatoes</li> <li>● Green Beans Provencale</li> <li>● Thai Style Tofu with Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>● Cajun Grilled Mahi</li> <li>● Chicken &amp; Sausage Gumbo</li> <li>● Rice</li> <li>● Grilled Yellow Squash</li> <li>● Pasta Naples</li> </ul>	<ul style="list-style-type: none"> <li>● Soft Chicken Taco</li> <li>● Barbecue Beef</li> <li>● Rosemary Roasted Potatoes</li> <li>● Steamed Spinach &amp; Mushrooms</li> <li>● Black Bean &amp; Corn Tacos</li> </ul>	<ul style="list-style-type: none"> <li>● Picadillo (Cuban)</li> <li>● Seafood A La Vera Cruz</li> <li>● Fried Plantains</li> <li>● Steamed White Rice</li> <li>● Vegetable Medley</li> <li>● Tortilla Espanola</li> </ul>	<ul style="list-style-type: none"> <li>● Fried Chicken</li> <li>● Blackened Catfish Fillet</li> <li>● Mashed Potatoes &amp; Gravy</li> <li>● Southern Vegetable Medley</li> <li>● Macaroni &amp; Cheese</li> </ul>
Vegetarian Entrée							
	●● Sandwich Station	●● Sandwich Station	● Grilled Reuben	● Buffalo Chicken Wrap	● Avocado Chipotle Pepperjack Chicken	● Cuban Sandwich	● Homemade Vegetable Burger
	● Light & Cool Jello	● Bread Pudding	● Very Berry Parfait	● Light Chocolate Mousse	● Reduced Sugar Apple Cobbler	● Tres Leches	● Chocolate Brownies
<b>Dinner</b>							
<b>Farm To Table Event</b>				<b>Mediterranean Dip Bar</b>			
	<ul style="list-style-type: none"> <li>● Top Your Own Burgers</li> <li>● Barbecue Chicken</li> <li>● French Fries</li> <li>● Baked Beans</li> <li>● Tuscan Vegetable Blend</li> <li>● Linguine Alfredo</li> </ul>	<ul style="list-style-type: none"> <li>● Sliced Pork Roast</li> <li>● Marinated Grilled Chicken</li> <li>● Rice Pilaf</li> <li>● Garlic Broccoli</li> <li>● Spinach Lasagna</li> </ul>	<ul style="list-style-type: none"> <li>● Sweet &amp; Sour Chicken</li> <li>● Carved Roast Beef</li> <li>● Honey Ginger Glazed Carrots</li> <li>● Thai Jasmine Rice</li> <li>● Bow Ties &amp; Pesto</li> </ul>	<ul style="list-style-type: none"> <li>● Asian Beef &amp; Broccoli</li> <li>● Chicken Quesadillas</li> <li>● Steamed Rice</li> <li>● Sautéed Mushrooms with Steamed Green Beans</li> <li>● Vegetable Fried Rice</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Adobo</li> <li>● Baked Herb Tilapia</li> <li>● Garlic Mashed Potatoes</li> <li>● Steamed Vegetable Medley</li> <li>● Black Bean Cakes with Spicy Cilantro Sauce</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Fajitas</li> <li>● Southwest Beef Fajitas</li> <li>● Mexican Rice</li> <li>● Fiesta Corn</li> <li>● Fancy Sautéed Zucchini</li> <li>● Vegetarian Refried Beans</li> </ul>	<ul style="list-style-type: none"> <li>● Beef Stroganoff</li> <li>● Grilled Chicken Wings</li> <li>● Anna Potatoes &amp; Onions</li> <li>● Southwestern Vegetables</li> <li>● Egg Noodles</li> <li>● Hummus Stuffed Portobello</li> </ul>
Vegetarian Entrée							
	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Light &amp; Cool Jello</li> </ul>	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Bread Pudding</li> </ul>	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Very Berry Parfait</li> </ul>	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Light Chocolate Mousse</li> </ul>	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Reduced Sugar Apple Cobbler</li> </ul>	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Key Lime Pie</li> </ul>	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Chocolate Brownies</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.