










December 12th - 18th

| | 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 | | | | | | | |
|  | ● Tomato Feta Salad | ● Tuna Salad | ● Greek Salad | ● Fresh Vegetable Salad | ● Three Bean Salad | ● Tossed Avocado 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"> ● Chicken Noodle ●●● Vegetable Soup Du Jour | <ul style="list-style-type: none"> ● Sante Fe Soup ●●● Vegetable Soup Du Jour | <ul style="list-style-type: none"> ● Beef & Vegetable ●●● Vegetable Soup Du Jour | <ul style="list-style-type: none"> ● Minestrone ●●● Vegetable Soup Du Jour | <ul style="list-style-type: none"> ● Old Fashioned Chicken Soup ●●● Vegetable Soup Du Jour | <ul style="list-style-type: none"> ● Black Bean Soup ●●● Vegetable Soup Du Jour | <ul style="list-style-type: none"> ● New England Clam Chowder ●●● Vegetable Soup Du Jour |
| Lunch | | | | | | | |
|  | <ul style="list-style-type: none"> ● Quesadilla ● Grilled Chicken Breast ● Home Fries ● Grilled Mushrooms ● Steamed Mixed Vegetable | <ul style="list-style-type: none"> ● Burgers ● Grilled Chicken Breast ● Home Fries ● Grilled Asparagus ● Steamed Mixed Vegetable | <ul style="list-style-type: none"> ● Pulled Pork ● Buffalo Chicken Wings ● Roasted Parsley Potatoes ● Green Beans Provencale | <ul style="list-style-type: none"> ● Cajun Grilled Mahi ● Chicken & Sausage Gumbo ● Rice ● Grilled Yellow Squash | <ul style="list-style-type: none"> ● Soft Chicken Taco ● Beef Soft Taco ● Rosemary Roasted Potatoes ● Steamed Spinach & Mushrooms | <ul style="list-style-type: none"> ● Turkey Corn Dog ● Baked Lemon Herb Chicken ● Confetti Rice ● Steamed California Vegetable Mix | <ul style="list-style-type: none"> ● Fried Chicken ● Blackened Catfish Fillet ● Mashed Potatoes & Gravy ● Southern Vegetable Medley |
| Vegetarian Entrée | ●●● Omelet Station | ●●● Omelet Station | ● Thai Style Tofu with Green Beans | ● Pasta Naples | ● Black Bean & Corn Tacos | ● Spaghetti & Marinara | ● Macaroni & Cheese |
|  | ●● Sandwich Station | ●● Sandwich Station | ● Grilled Reuben | ● Buffalo Chicken Wrap | ● Avocado Chipotle Pepperjack Chicken | ● Malibu Chicken Sandwich | ● Homemade Vegetable Burger |
|  | ● Light & Cool Jello | ● Bread Pudding | ● Very Berry Parfait | ● Light Chocolate Mousse | ● Reduced Sugar Apple Cobbler | ● Key Lime Pie | ● Chocolate Brownies |
| Dinner | | | | | | | |
|  | <ul style="list-style-type: none"> ● Hamburgers with Toppings Bar ● Barbecue Chicken ● French Fries ● Baked Beans ● Tuscan Vegetable Blend | <ul style="list-style-type: none"> ● Sliced Pork Roast ● Marinated Grilled Chicken ● Rice Pilaf ● Garlic Broccoli | <ul style="list-style-type: none"> ● Grilled Sweet & Sour Chicken Breast ● Carved Roast Beef ● Honey Ginger Glazed Carrots ● Thai Jasmine Rice | <ul style="list-style-type: none"> ● Asian Beef & Broccoli ● Chicken Quesadillas ● Steamed Rice ● Sautéed Mushrooms with Steamed Green Beans | <ul style="list-style-type: none"> ● Chicken Adobo ● Baked Herb Tilapia ● Garlic Mashed Potatoes ● Steamed Vegetable Medley | <ul style="list-style-type: none"> ● Chicken Fajitas ● Southwest Beef Fajitas ● Mexican Rice ● Fiesta Corn ● Fancy Sautéed Zucchini | <ul style="list-style-type: none"> ● Beef Stroganoff ● Grilled Chicken Wings ● Anna Potatoes & Onions ● Southwestern Vegetables ● Egg Noodles |
| Vegetarian Entrée | ● Linguine Alfredo | ● Spinach Lasagna | ● Bow Ties & Basil Pesto | ● Greek Pasta | ● Lemon Orzo Primavera | ● Vegetarian Refried Beans | ● Hummus Stuffed Portobello |
|  | <ul style="list-style-type: none"> ● Dessert Variety ● Light & Cool Jello | <ul style="list-style-type: none"> ● Dessert Variety ● Bread Pudding | <ul style="list-style-type: none"> ● Dessert Variety ● Very Berry Parfait | <ul style="list-style-type: none"> ● Dessert Variety ● Light Chocolate Mousse | <ul style="list-style-type: none"> ● Dessert Variety ● Reduced Sugar Apple Cobbler | <ul style="list-style-type: none"> ● Dessert Variety ● Key Lime Pie | <ul style="list-style-type: none"> ● Dessert Variety ● Chocolate Brownies |

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.