



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

September 26th-October 2nd

	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							
	• Pesto Tuna Salad	• Antipasto Salad	• Tart & Tangy Fresh Fruit Salad	• Doria Salad	• Mandarin Orange Salad with Crispy Noodles	• Hawaiian Salad	• Macaroni Salad
	• Genoa Salami	• American Cheese	• Natural Smoked Ham	• Pepper Jack Cheese	• Cappicola Ham	• Roast Beef	• Cheddar Cheese
 Vegetarian Soup	<ul style="list-style-type: none"> Tex-Mex Tortilla Soup Vegetable Soup Du Jour 	<ul style="list-style-type: none"> Creamy Tomato Rice Soup Vegetable Soup Du Jour 	<ul style="list-style-type: none"> White Chicken Chili Vegetable Soup Du Jour 	<ul style="list-style-type: none"> Corn Chowder Vegetable Soup Du Jour 	<ul style="list-style-type: none"> Italian Wedding Soup Vegetable Soup Du Jour 	<ul style="list-style-type: none"> Chicken Vegetable & Cilantro Soup Vegetable Soup Du Jour 	<ul style="list-style-type: none"> Broccoli & Cheddar Soup Vegetable Soup Du Jour
Lunch				Parent Day			
	<ul style="list-style-type: none"> Burgers Grilled Chicken Breast Home Fries Grilled Squash Steamed Mixed Vegetable Omelet Station 	<ul style="list-style-type: none"> Burgers Grilled Chicken Breast Home Fries Sautéed Asparagus Spears Steamed Mixed Vegetable Omelet Station 	<ul style="list-style-type: none"> Grilled Greek Chicken Breast Lemon Garlic Tilapia Sweet Pepper Rice Carrots Vichy Sun Dried Tomato & Basil Penne Pasta 	<ul style="list-style-type: none"> Chicken Cacciatore Homestyle Meatloaf Mashed Potatoes Steamed Green Beans Pasta & Marinara 	<ul style="list-style-type: none"> Baked Taco Sandwich Arroz Con Pollo Roasted Potatoes Steamed Vegetable Medley Vegetarian Pizza 	<ul style="list-style-type: none"> Sliced Roast Pork Rosemary Grilled Chicken Breast Sweet Potato Soufflé Sautéed Zucchini Pesto Tortellini 	<ul style="list-style-type: none"> Battered Tilapia Curried Chicken Jasmine Rice Steamed Mixed Vegetables Linguini with Fresh Tomatoes
	• Grilled Ham & Cheese	• Vegetable Bagel Melts	• B.L.T.	• Turkey Panini	• Tuna Club	• Turkey Burger with Pepperjack Cheese	• Buffalo Grilled Chicken Sandwich
	• Fresh Banana Cake	• Angel Food Berry Cake	• Strawberry Whip	• Rice Krispie Treats	• Cherry Cobbler	• Banana Pudding	• Chocolate Bread Pudding
Dinner					Decorate A Cupcake-sng		
	<ul style="list-style-type: none"> Chicken Teriyaki Roasted Rosemary Potatoes Southern Green Beans Tofu & Rice Stuffed Peppers 	<ul style="list-style-type: none"> Roasted Carved Turkey Honey Glazed Ham Mashed Potatoes Steamed Broccoli Grilled Cheese 	<ul style="list-style-type: none"> Sweet & Sour Pork Baked Herb Chicken Candied Yams Tennessee Squash Cheese Manicotti 	<ul style="list-style-type: none"> Beef Stir Fry Chicken Tenders Jasmine Rice Steamed Yellow Squash Vegetable Lo Mein 	<ul style="list-style-type: none"> Rotisserie Chicken Chopped Steak Hand Cut Potato Wedges Glazed Carrots Tomato Alfredo Pasta 	<ul style="list-style-type: none"> Honey Baked Chicken Sweet Pork Ribs Maria Rice Steamed Broccoli Macaroni Pie 	<ul style="list-style-type: none"> BBQ Hoisin Chicken Herb Beef Stew Sautéed Zucchini & Tomatoes Brown Rice Vegetable Lasagna
	<ul style="list-style-type: none"> Dessert Variety Fresh Banana Cake 	<ul style="list-style-type: none"> Dessert Variety Angel Food Berry Cake 	<ul style="list-style-type: none"> Dessert Variety Strawberry Whip 	<ul style="list-style-type: none"> Dessert Variety Rice Krispie Treats 	<ul style="list-style-type: none"> Dessert Variety Cherry Cobbler 	<ul style="list-style-type: none"> Dessert Variety Banana Pudding 	<ul style="list-style-type: none"> Dessert Variety Chocolate Bread 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.