











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

October 24th – October 30th

| | 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 | <ul style="list-style-type: none"> ● Burgers ● Grilled Chicken Breast ● Home Fries ● Sautéed Asparagus Spears ● Steamed Mixed Vegetable | <ul style="list-style-type: none"> ● Grilled Greek Chicken Breast ● Lemon Garlic Tilapia ● Sweet Pepper Rice ● Carrots Vichy | <ul style="list-style-type: none"> ● Chicken Cacciatore ● Homestyle Meatloaf ● Mashed Potatoes ● Steamed Green Beans | <ul style="list-style-type: none"> ● Baked Taco Sandwich ● Arroz Con Pollo ● Roasted Potatoes ● Steamed Vegetable Medley | <ul style="list-style-type: none"> ● Sliced Roast Pork ● Rosemary Grilled Chicken Breast ● Sweet Potato Soufflé ● Sautéed Zucchini | <ul style="list-style-type: none"> ● Battered Tilapia ● Curried Chicken ● Jasmine Rice ● Steamed Mixed Vegetables |
| Vegetarian Entrée | <ul style="list-style-type: none"> ●● Omelet Station | <ul style="list-style-type: none"> ●● Omelet Station | <ul style="list-style-type: none"> ● Sun Dried Tomato & Basil Penne Pasta | <ul style="list-style-type: none"> ● Pasta & Marinara | <ul style="list-style-type: none"> ● Vegetarian Pizza | <ul style="list-style-type: none"> ● Pesto Tortellini | <ul style="list-style-type: none"> ● 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 | | | | | Surf's Up Seafood | | Freaky Friday |
|  | <ul style="list-style-type: none"> ● Chicken Teriyaki ● Roasted Rosemary Potatoes ● Southern Green Beans | <ul style="list-style-type: none"> ● Roasted Carved Turkey ● Honey Glazed Ham ● Mashed Potatoes ● Steamed Broccoli | <ul style="list-style-type: none"> ● Sweet & Sour Pork ● Baked Herb Chicken ● Candied Yams ● Tennessee Squash | <ul style="list-style-type: none"> ● Beef Stir Fry ● Chicken Tenders ● Jasmine Rice ● Steamed Yellow Squash | <ul style="list-style-type: none"> ● Rotisserie Chicken ● Chopped Steak ● Hand Cut Potato Wedges ● Glazed Carrots | <ul style="list-style-type: none"> ● Honey Baked Chicken ● Sweet Pork Ribs ● Maria Rice ● Steamed Broccoli | <ul style="list-style-type: none"> ● BBQ Hoisin Chicken ● Herb Beef Stew ● Sautéed Zucchini & Tomatoes ● Brown Rice |
| Vegetarian Entrée | <ul style="list-style-type: none"> ● Tofu & Rice Stuffed Peppers | <ul style="list-style-type: none"> ● Grilled Cheese | <ul style="list-style-type: none"> ● Cheese Manicotti | <ul style="list-style-type: none"> ● Vegetable Lo Mein | <ul style="list-style-type: none"> ● Tomato Alfredo Pasta | <ul style="list-style-type: none"> ● Macaroni Pie | <ul style="list-style-type: none"> ● 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.