












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

October 3rd - October 9th

	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							
	● Caesar Salad	● Coleslaw	● Southwest Black Bean Salad	● Strawberry Spinach Salad	● Chunky Chicken Salad	● Vegetable Panzanella Salad	● Dill Cucumber Salad
	● Sharp Cheddar	● Pepperoni	● Provolone	● Corned Beef	● Wisconsin Cheddar	● Pit Ham	● Genoa Salami
 Vegetarian Soup	<ul style="list-style-type: none"> ● Tomato Florentine Soup ● Vegetable Soup Du Jour 	<ul style="list-style-type: none"> ● Savory Won Ton Soup ● Vegetable Soup Du Jour 	<ul style="list-style-type: none"> ● Beef Noodle Soup ● Vegetable Soup Du Jour 	<ul style="list-style-type: none"> ● Baked Potato Soup ● Vegetable Soup Du Jour 	<ul style="list-style-type: none"> ● Tuscany Chicken Zuppa ● Vegetable Soup Du Jour 	<ul style="list-style-type: none"> ● Viking Joe's Chili ● Vegetable Soup Du Jour 	<ul style="list-style-type: none"> ● Manhattan Clam Chowder ● Vegetable Soup Du Jour
Lunch							
 Vegetarian Entrée	<ul style="list-style-type: none"> ● Burgers ● Grilled Chicken Breast ● Home Fries ● Sautéed Snap Peas ● Steamed Mixed Vegetable ●● Omelet Bar 	<ul style="list-style-type: none"> ● Burgers ● Grilled Chicken Breast ● Home Fries ● Sicilian Green Beans ● Steamed Mixed Vegetable ●● Omelet Bar 	<ul style="list-style-type: none"> ● Chicken Paella ● Grilled Mahi with Pineapple Relish ● Ranch Potatoes ● Grilled Vegetables ● Baked Rigatoni 	<ul style="list-style-type: none"> ● Beef Soft Tacos ● Chicken Pot Pie ● Spanish Rice ● Steamed Cauliflower & Broccoli ● Mangia Pasta 	<ul style="list-style-type: none"> ● Hawaiian Baked Chicken ● Beef Bourguignonne ● Orzo & Rice ● Zucchini Corn Medley ● Shitake Angel Hair Pasta 	<ul style="list-style-type: none"> ● Bay Scallop & Shrimp Provenal ● Chicken Parmesan ● Pepper Cilantro Rice ● Roasted Broccoli ● Cheese Stuffed Portobello Mushroom 	<ul style="list-style-type: none"> ● Hearty Beef Lasagna ● Grilled Tilapia Salsa ● Sautéed Spinach & Mushrooms ● Hand Cut Garlic Potato Wedges ● Pasta Pascal
	●● Quesadilla Station	●● Quesadilla Station	● Meatball Hoagie	● Cuban Sandwich	● Bacon Cheddar Burger	● Grilled 2 Cheese Sandwich	● Grilled Chicken Sandwich on Focaccia
	● Light Pumpkin Bars	● Blondie Bars	● Oatmeal Chocolate Chip Brownies	● Melba Yogurt Fruit Parfait	● Cherry Cheese Crumb Cake	● Pineapple Upside Down Cake	● Fresh Cut Fruit Delight
Dinner				Dessert Pizza			
 Vegetarian Entrée	<ul style="list-style-type: none"> ● Montana Grilled Chicken Breast ● Cordon Bleu Stromboli ● Steamed Curry Rice ● Sautéed Spinach ● Broccoli Mushroom Linguini 	<ul style="list-style-type: none"> ● Italian Style Swiss Steak ● Balsamic Chicken Breasts ● Au Gratin Potatoes ● Steamed Peas & Mushrooms ● Vegetarian Empanadas 	<ul style="list-style-type: none"> ● Specialty Eggs ● Hash Browns ● Strawberry Pancakes ● Fruit ● Sausage & Bacon ● Breakfast Biscuits ● Egg White Omelets 	<ul style="list-style-type: none"> ● Beef Taco Bake ● Golden Baked Chicken ● Spicy Roasted Potatoes ● Steamed Carrots & Sugar Snap Peas ● Greek Pasta 	<ul style="list-style-type: none"> ● Mongolian Barbecue ● Beef ● Chicken or Shrimp ● Steamed Rice ● Steamed Chinese Vegetables ● Vegetable Stir Fry 	<ul style="list-style-type: none"> ● French Dip ● Turkey Corn Dogs ● Rosemary Fries ● Better than Southern Collard Greens ● Angel Hair Pasta & Marinara 	<ul style="list-style-type: none"> ● Oriental Chicken ● Pork Supreme ● Brown Rice Pilaf ● Steamed Mixed Vegetables ● Baked Spaghetti
	<ul style="list-style-type: none"> ● Dessert Variety ● Light Pumpkin Bars 	<ul style="list-style-type: none"> ● Dessert Variety ● Blondie Bars 	<ul style="list-style-type: none"> ● Dessert Variety ● Oatmeal Chocolate Chip Brownies 	<ul style="list-style-type: none"> ● Dessert Variety ● Melba Yogurt Fruit Parfait 	<ul style="list-style-type: none"> ● Dessert Variety ● Cherry Cheese Crumb Cake 	<ul style="list-style-type: none"> ● Dessert Variety ● Pineapple Upside Down Cake 	<ul style="list-style-type: none"> ● Dessert Variety ● Fresh Cut Fruit Delight

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.