



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

October 10th – October 16th

	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							
	<ul style="list-style-type: none"> Apple A Day Coleslaw 	<ul style="list-style-type: none"> Turkey Salad 	<ul style="list-style-type: none"> Caesar Salad 	<ul style="list-style-type: none"> Egg Salad 	<ul style="list-style-type: none"> Potato Salad 	<ul style="list-style-type: none"> Asian Noodle Salad 	<ul style="list-style-type: none"> Tabboulah
	<ul style="list-style-type: none"> Roasted Turkey 	<ul style="list-style-type: none"> Pastrami 	<ul style="list-style-type: none"> Provolone 	<ul style="list-style-type: none"> Big Eye Swiss 	<ul style="list-style-type: none"> Roast Beef 	<ul style="list-style-type: none"> Part-Skim Mozzarella 	<ul style="list-style-type: none"> Honey Ham
	<ul style="list-style-type: none"> Asian Mushroom Soup Vegetable Soup Du Jour 	<ul style="list-style-type: none"> Ravioli Soup Vegetable Soup Du Jour 	<ul style="list-style-type: none"> Chicken Vegetable with Rice Vegetable Soup Du Jour 	<ul style="list-style-type: none"> California Style French Onion Soup Vegetable Soup Du Jour 	<ul style="list-style-type: none"> Chicken Corn Chowder Vegetable Soup Du Jour 	<ul style="list-style-type: none"> Tomato Soup Vegetable Soup Du Jour 	<ul style="list-style-type: none"> Seafood Bisque Vegetable Soup Du Jour
Lunch							
	<ul style="list-style-type: none"> Burgers Grilled Chicken Breast Home Fries Sautéed Green Beans & Mushrooms Steamed Mixed Vegetable Omelet Bar 	<ul style="list-style-type: none"> Burgers Grilled Chicken Breast Home Fries Sesame Broccoli Saute Steamed Mixed Vegetable Omelet Bar 	<ul style="list-style-type: none"> Kona Chicken Salisbury Steak Garlic Mashed Red Potatoes Steamed Zucchini Bow Tie Martinique 	<ul style="list-style-type: none"> Chicken Tenders Maple Mustard Glazed Chicken Roasted Parsley Potatoes Steamed Oriental Green Beans Pasta e Olio 	<ul style="list-style-type: none"> Mandarin Beef Stir Fry Chicken Stir Fry Brazilian White Rice Sautéed Chinese Vegetables Broccoli Cheddar Quiche 	<ul style="list-style-type: none"> Pork Carnitas Chicken Breast Pierre Country Style Potatoes Sautéed Button Mushrooms Fettuccine Alfredo 	<ul style="list-style-type: none"> Orange Honey Chicken Tilapia Scampi Spicy Rice Pilaf Broccoli with Cheese Spicy Rice Pilaf
	<ul style="list-style-type: none"> Sandwich Station 	<ul style="list-style-type: none"> Sandwich Station 	<ul style="list-style-type: none"> Sante Fe Chicken Wraps 	<ul style="list-style-type: none"> Greek Pita Pocket 	<ul style="list-style-type: none"> Grilled Vegetable Wheat Wrap 	<ul style="list-style-type: none"> Grilled Cheese 	<ul style="list-style-type: none"> Turkey Ranch Vegetable Wraps
	<ul style="list-style-type: none"> Pineapple Ambrosia Salad 	<ul style="list-style-type: none"> Apple Bavarian Tart 	<ul style="list-style-type: none"> Spring Berry Tarts 	<ul style="list-style-type: none"> Citrus Mousse 	<ul style="list-style-type: none"> Creamy Mocha Dessert 	<ul style="list-style-type: none"> Strawberry Cream Dessert 	<ul style="list-style-type: none"> Whipped Banana Dessert
Dinner							
	<ul style="list-style-type: none"> Assorted California Rolls Sunshine Citrus Chicken Breast Roasted Greek Potatoes Apricot Glazed Carrots Roasted Vegetable Pita Pizza 	<ul style="list-style-type: none"> Italian Chicken Breast Italian Sausage & Pasta Deluxe Mashed Potatoes Sautéed Tarragon Green Beans Vegetarian Jambalaya 	<ul style="list-style-type: none"> Chicken Burritos Beef Burritos Mexican Rice Corn & Black Beans Grilled Vegetables Nacho Cheese & Chips Vegetable Burritos 	<ul style="list-style-type: none"> Barbecue Pork Ribs Juicy Roasted Chicken Homemade Potato Chips Corn on the Cob Creamed Spinach Baked 3 Cheese Ziti 	<ul style="list-style-type: none"> Chicken Cordon Bleu Tilapia Piccata One Bowl Rice Steamed Vegetable Medley Tofu Cacciatore 	<ul style="list-style-type: none"> Pizza Extravaganza Italian Sausage Ziti Classic Caesar Salad Sicily Style Vegetables Chef's Pizza Corner Zucchini Crust Pizza 	<ul style="list-style-type: none"> Chicken Philly Steak Beef Philly Steak Hand Cut Baked Potato Wedges Steamed Vegetables Macaroni & Cheese
	<ul style="list-style-type: none"> Dessert Variety Pineapple Ambrosia 	<ul style="list-style-type: none"> Dessert Variety Apple Bavarian Tart 	<ul style="list-style-type: none"> Dessert Variety Spring Berry Tarts 	<ul style="list-style-type: none"> Dessert Variety Citrus Mousse 	<ul style="list-style-type: none"> Dessert Variety Creamy Mocha Dessert 	<ul style="list-style-type: none"> Dessert Variety Strawberry Cream Dessert 	<ul style="list-style-type: none"> Dessert Variety Whipped Banana Dessert

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.