

January 16th – January 22nd



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

	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							
	● Apple A Day Coleslaw	● Turkey Salad	● Caesar Salad	● Egg Salad	● Potato Salad	● Asian Noodle Salad	● Tabbouleh
	● Roasted Turkey	● Pastrami	● Smoked Provolone	● Big Eye Swiss	● Roast Beef	● Part-Skim Mozzarella	● Honey Ham
 Vegetarian Soup	<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							
 Vegetarian Entrée	<ul style="list-style-type: none"> ● Burgers ● Grilled Chicken Breast ● Home Fries ● Sautéed Green Beans & Mushrooms ● Steamed Mixed Vegetable 	<ul style="list-style-type: none"> ● Burgers ● Grilled Chicken Breast ● Home Fries ● Sesame Broccoli Saute ● Steamed Mixed Vegetable 	<ul style="list-style-type: none"> ● Kona Chicken ● Salisbury Steak ● Garlic Mashed Red Potatoes ● Steamed Zucchini 	<ul style="list-style-type: none"> ● Chicken Tenders ● Maple Mustard Glazed Chicken ● Roasted Parsley Potatoes ● Steamed Oriental Green Beans 	<ul style="list-style-type: none"> ● Mandarin Beef Stir Fry ● Chicken Stir Fry ● Brazilian White Rice ● Sautéed Chinese Vegetables 	<ul style="list-style-type: none"> ● Pork Carnitas ● Grilled Chicken Breast Pierre ● Country Style Potatoes ● Sautéed Button Mushrooms 	<ul style="list-style-type: none"> ● Orange Honey Chicken ● Grilled Tilapia Fish Soft Taco ● Spicy Rice Pilaf ● Broccoli with Cheese
	●●● Omelet Bar	●●● Omelet Bar	● Bow Tie Martinique	● Pasta e Olio	● Broccoli Cheddar Quiche	● Fettuccine Alfredo	● Spicy Rice Pilaf with Sautéed Tofu
	●● Sandwich Station	●● Sandwich Station	● Sante Fe Chicken Wraps	● Greek Pita Pocket	● Grilled Vegetable Wheat Wrap	● Grilled Cheese	● Turkey Ranch Vegetable Wraps
	● Pineapple Ambrosia Salad	● Apple Bavarian Tart	● Spring Berry Tarts	● Citrus Mousse	● Creamy Mocha Dessert	● Strawberry Cream Dessert	● Whipped Banana Dessert
Dinner							
 Vegetarian Entrée	<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 ● Black Beans & Corn ● 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.