












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

December 5<sup>th</sup> – December 11<sup>th</sup>

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>							
	<ul style="list-style-type: none"> <li>● Oatmeal</li> <li>●● Eggs to Order</li> <li>●● Waffle Station</li> <li>● Bacon &amp; Sausage</li> <li>● Fresh Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Grits</li> <li>●● Eggs to Order</li> <li>●● Waffle Station</li> <li>● Bacon &amp; Sausage</li> <li>● Fresh Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Oatmeal</li> <li>● Scrambled Eggs</li> <li>● Pancakes</li> <li>● Bacon &amp; Sausage</li> <li>● Fresh Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Grits</li> <li>● Scrambled Eggs</li> <li>● French Toast</li> <li>● Bacon &amp; Sausage</li> <li>● Fresh Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Oatmeal</li> <li>● Scrambled Eggs</li> <li>● Pancakes</li> <li>● Bacon &amp; Sausage</li> <li>● Fresh Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Grits</li> <li>● Scrambled Eggs</li> <li>● French Toast</li> <li>● Bacon &amp; Sausage</li> <li>● Fresh Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Oatmeal</li> <li>● Scrambled Eggs</li> <li>● Pancakes</li> <li>● Bacon &amp; Sausage</li> <li>● Fresh Cut Fruit</li> </ul>
<b>Daily Specials</b>							
	● 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"> <li>● Asian Mushroom Soup</li> <li>●●● Vegetable Soup Du Jour</li> </ul>	<ul style="list-style-type: none"> <li>● Ravioli Soup</li> <li>●●● Vegetable Soup Du Jour</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Vegetable with Rice</li> <li>●●● Vegetable Soup Du Jour</li> </ul>	<ul style="list-style-type: none"> <li>● California Style French Onion Soup</li> <li>●●● Vegetable Soup Du Jour</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Corn Chowder</li> <li>●●● Vegetable Soup Du Jour</li> </ul>	<ul style="list-style-type: none"> <li>● Tomato Soup ●●●</li> <li>●●● Vegetable Soup Du Jour</li> </ul>	<ul style="list-style-type: none"> <li>● Seafood Bisque</li> <li>●●● Vegetable Soup Du Jour</li> </ul>
<b>Lunch</b>							
	<ul style="list-style-type: none"> <li>● Burgers</li> <li>● Grilled Chicken Breast</li> <li>● Home Fries</li> <li>● Sautéed Green Beans &amp; Mushrooms</li> <li>● Steamed Mixed Vegetable</li> </ul>	<ul style="list-style-type: none"> <li>● Burgers</li> <li>● Grilled Chicken Breast</li> <li>● Home Fries</li> <li>● Sesame Broccoli Saute</li> <li>● Steamed Mixed Vegetable</li> </ul>	<ul style="list-style-type: none"> <li>● Kona Chicken</li> <li>● Salisbury Steak</li> <li>● Garlic Mashed Red Potatoes</li> <li>● Steamed Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Tenders</li> <li>● Maple Mustard Glazed Chicken</li> <li>● Roasted Parsley Potatoes</li> <li>● Steamed Oriental Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>● Mandarin Beef Stir Fry</li> <li>● Chicken Stir Fry</li> <li>● Brazilian White Rice</li> <li>● Sautéed Chinese Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>● Pork Carnitas</li> <li>● Grilled Chicken Breast Pierre</li> <li>● Country Style Potatoes</li> <li>● Sautéed Button Mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>● Orange Honey Chicken</li> <li>● Grilled Tilapia Fish Soft Taco</li> <li>● Spicy Rice Pilaf</li> <li>● Broccoli with Cheese</li> </ul>
Vegetarian Entrée	●●● 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
<b>Dinner</b>							
	<ul style="list-style-type: none"> <li>● Assorted California Rolls</li> <li>● Sunshine Citrus Chicken Breast</li> <li>● Roasted Greek Potatoes</li> <li>● Apricot Glazed Carrots</li> <li>● Roasted Vegetable Pita Pizza</li> </ul>	<ul style="list-style-type: none"> <li>● Italian Chicken Breast</li> <li>● Italian Sausage &amp; Pasta</li> <li>● Deluxe Mashed Potatoes</li> <li>● Sautéed Tarragon Green Beans</li> <li>● Vegetarian Jambalaya</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Burritos</li> <li>● Beef Burritos</li> <li>● Mexican Rice</li> <li>● Black Beans &amp; Corn</li> <li>● Grilled Vegetables</li> <li>● Nacho Cheese &amp; Chips</li> <li>● Vegetable Burritos</li> </ul>	<ul style="list-style-type: none"> <li>● Barbecue Pork Ribs</li> <li>● Juicy Roasted Chicken</li> <li>● Homemade Potato Chips</li> <li>● Corn on the Cob</li> <li>● Creamed Spinach</li> <li>● Baked 3 Cheese Ziti</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Cordon Bleu</li> <li>● Tilapia Piccata</li> <li>● One Bowl Rice</li> <li>● Steamed Vegetable Medley</li> <li>● Tofu Cacciatore</li> </ul>	<ul style="list-style-type: none"> <li>● Pizza Extravaganza</li> <li>● Italian Sausage Ziti</li> <li>● Classic Caesar Salad</li> <li>● Sicily Style Vegetables</li> <li>● Chef's Pizza Corner</li> <li>● Zucchini Crust Pizza</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Philly Steak</li> <li>● Beef Philly Steak</li> <li>● Hand Cut Baked Potato Wedges</li> <li>● Steamed Vegetables</li> <li>● Macaroni &amp; Cheese</li> </ul>
Vegetarian Entrée	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Pineapple Ambrosia</li> </ul>	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Apple Bavarian Tart</li> </ul>	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Spring Berry Tarts</li> </ul>	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Citrus Mousse</li> </ul>	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Creamy Mocha Dessert</li> </ul>	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Strawberry Cream Dessert</li> </ul>	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Whipped Banana Dessert</li> </ul>
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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.