



STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

September 28- October 2

	Monday	Tuesday	Wednesday	Thursday	Friday
	● Chicken Tortilla Soup	● Tomato Soup	● Cream of Potato Soup	● Black Bean Soup	● New England Clam Chowder
	● Cold Garbanzo & Cucumber Salad	● Sun-Dried Tomato & Basil Pasta Salad	● Waldorf Salad	● Thai Chicken & Edamame Salad	● Couscous Salad
	● Cilantro Chicken Salad	● Crab Meat Pasta Salad	● Mexicali Pasta Salad	● Egg Salad	● Tuna Putanesca
	<ul style="list-style-type: none"> ● Arroz con Pollo ● Tortellini Alfredo ● Yucca con Mojo ● Black Beans ● Sautéed Vegetable Medley ● Baked Sweet Plantains 	<ul style="list-style-type: none"> ● Masitas de Puerco ● Whole Wheat Spaghetti ● Meatballs ● Congri Rice ● Steamed Green Beans ● Steamed Carrots 	<ul style="list-style-type: none"> ● Chicken Wings ● Bow-tie Pasta with Pesto ● Wild Rice Pilaf ● Sautéed Green Beans ● Steamed Carrots 	<ul style="list-style-type: none"> ● Tandoori Chicken Breast ● Fettuccine Primavera ● Jasmine Rice ● Steamed Spinach ● Sautéed Green Beans 	<ul style="list-style-type: none"> ● Teriyaki Salmon ● Whole Wheat Penne a la Vodka ● White Rice ● Zucchini Medley ● Green Peas & Carrots
	<ul style="list-style-type: none"> ● Chicken Patty ● Vegetable Burger 	<ul style="list-style-type: none"> ● Jamaican Meat Patty ● Vegetable Burger 	<ul style="list-style-type: none"> ● Grilled Cheese ● Vegetable Burger 	<ul style="list-style-type: none"> ● Grilled Portabello Mushrooms ● Vegetable Burger 	<ul style="list-style-type: none"> ● Hamburgers ● Cheeseburgers ● Vegetable Burger
	● Cheese, Pepperoni or Vegetable Pizza		● Cheese, Pepperoni or Vegetable Pizza		● Cheese, Pepperoni or Vegetable Pizza
	<ul style="list-style-type: none"> ● Assorted Pudding, Jello & Yogurt ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Fresh Baked Banana Cake ● Assorted Pudding, Jello & Yogurt ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Assorted Pudding, Jello & Yogurt ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Ice Cream Novelties ● Assorted Pudding, Jello & Yogurt ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Assorted Pudding, Jello & Yogurt ● Assorted Fresh Fruit

At The Salad Works salad bar a variety of prepared salads are served alongside fresh salad greens and toppings each day. SAGE's chefs offer least six low fat, made-from-scratch salad dressings along with traditional favorites.

At The Classic Cuts Deli® bar, a variety of cheeses, ham, turkey, and deli salads are freshly prepared each day. Students can create their own favorite sandwich.

The weekly 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.