









STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

	Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> ● Hearty Vegetable Soup 	<ul style="list-style-type: none"> ● Cream of Broccoli Soup 	<ul style="list-style-type: none"> ● French Onion Soup 	<ul style="list-style-type: none"> ● Classic Tomato Soup
		<ul style="list-style-type: none"> ● Mixed Green Salad with Apples & Cranberries 	<ul style="list-style-type: none"> ● Creamy Coleslaw 	<ul style="list-style-type: none"> ● Carrot & Raisin Salad 	<ul style="list-style-type: none"> ● Horseradish Potato Salad
		<ul style="list-style-type: none"> ● Herb Cheese Spread 	<ul style="list-style-type: none"> ● Smoked Pork Loin 	<ul style="list-style-type: none"> ● Pesto Chicken Salad 	<ul style="list-style-type: none"> ● Deviled Egg Salad
	Labor Day	<ul style="list-style-type: none"> ● Spaghetti & Meatballs ● Buttered Corn ● Steamed Broccoli 	<ul style="list-style-type: none"> ● Pulled Pork Sandwich ● Baked Beans ● Braised Collard Greens 	<ul style="list-style-type: none"> ● Meat Lasagna ● Roasted Rosemary Potatoes ● Squash Medley 	<ul style="list-style-type: none"> ● Grilled Cheese ● Golden Corn ● Sauteed Brussels Sprouts
		<ul style="list-style-type: none"> ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Variety of Ice Cream ● Assorted Fresh Fruit
					

At The Salad Works bar a variety of prepared salads are served alongside fresh salad greens and toppings each day. SAGE chefs offer at 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 Registered Dietitians. The Master Cycle Menu is available through your Food Service Director.