








STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

November 23 -27

	Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> • Chicken Tortilla Soup 	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
	<ul style="list-style-type: none"> • Cold Garbanzo & Cucumber Salad 				
	<ul style="list-style-type: none"> • Cilantro Chicken Salad 				
	<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"> • Chicken Patty • Vegetable Burger 				
	<ul style="list-style-type: none"> • Cheese, Pepperoni or Vegetable Pizza 				
	<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.