








STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

December 14 - 18

	Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> ● Corn Chowder 	<ul style="list-style-type: none"> ● Lentil Soup 	<ul style="list-style-type: none"> ● French Onion Soup 	<ul style="list-style-type: none"> ● Minestrone Soup 	NO SCHOOL
	<ul style="list-style-type: none"> ● Three Bean Salad 	<ul style="list-style-type: none"> ● Antipasto Salad 	<ul style="list-style-type: none"> ● Cucumber Dill Salad 	<ul style="list-style-type: none"> ● Pasta Salad 	
	<ul style="list-style-type: none"> ● Tuna Pasta Salad 	<ul style="list-style-type: none"> ● Oriental Chicken Salad 	<ul style="list-style-type: none"> ● Potato Salad 	<ul style="list-style-type: none"> ● Curry Chicken & Rice Salad 	
	<ul style="list-style-type: none"> ● Chicken Fajitas ● Baked Ziti ● Refried Beans ● Mexican Rice ● Kernel Corn ● Steamed Broccoli ● Baked Sweet Plantains 	<ul style="list-style-type: none"> ● Home-style Meatloaf ● Fettuccine Alfredo ● Eggplant Parmigiana ● Steamed Rice ● French Fries ● Fresh Vegetable Medley ● Sautéed Brussels Sprouts 	<ul style="list-style-type: none"> ● Shredded Pork al Mojo ● Whole Wheat Spaghetti with <ul style="list-style-type: none"> ● Marinara Sauce ● Arroz Congri ● Crisp Fried Yucca ● Sautéed Fresh Mushrooms ● Steamed Greens 	<ul style="list-style-type: none"> ● Teriyaki Chicken Breast ● Whole Wheat Penne with Broccoli ● Fried Rice ● Steamed Rice ● Stir Fried Vegetables 	
	<ul style="list-style-type: none"> ● Turkey Burger ● Vegetable Burger 	<ul style="list-style-type: none"> ● Cuban Sandwich ● Vegetable Burger 	<ul style="list-style-type: none"> ● Hot Dogs ● Vegetable Burger 	<ul style="list-style-type: none"> ● Egg Rolls ● Vegetable Burger 	
	<ul style="list-style-type: none"> ● Cheese, Pepperoni or Vegetable Pizza 		<ul style="list-style-type: none"> ● 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 Vanilla 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"> ● Chocolate Chip Cookies ● 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.