









**STOP**  
think about eating a smaller portion

**SLOW**  
balance your meal with green choices

**GO**  
eat all you want!

March 8 - 12

	Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> <li>• Tomato Soup</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Tortilla Soup</li> </ul>	<ul style="list-style-type: none"> <li>• Cream of Potato Soup</li> </ul>	<ul style="list-style-type: none"> <li>• Black Bean Soup</li> </ul>	<b>NO SCHOOL</b>
	<ul style="list-style-type: none"> <li>• Cold Garbanzo &amp; Cucumber Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Sun-Dried Tomato &amp; Basil Pasta Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Waldorf Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Thai Chicken &amp; Edamame Salad</li> </ul>	
	<ul style="list-style-type: none"> <li>• Cilantro Chicken Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Crab Meat Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Mexicali Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Egg Salad</li> </ul>	
	<ul style="list-style-type: none"> <li>• Chicken Pot Pie</li> <li>• Roasted New Potatoes</li> <li>• Sautéed Vegetable Medley</li> <li>• Sautéed Mix Mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>• Carne Desmechada (Shredded Beef Top Round)                             <ul style="list-style-type: none"> <li>• Congri Rice</li> </ul> </li> <li>• Steamed Broccoli</li> <li>• Caramelized Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted Turkey with • Gravy</li> <li>• Roasted Sweet Potatoes</li> <li>• Sautéed Green Beans</li> <li>• Cranberry Sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Rotisserie Chicken                             <ul style="list-style-type: none"> <li>• Basmati Rice</li> </ul> </li> <li>• Steamed Spinach</li> <li>• Sautéed Green Beans</li> </ul>	
	<ul style="list-style-type: none"> <li>• Bowtie Garden Pasta with Alfredo Sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Wheat Spaghetti</li> <li>• Meatballs</li> </ul>	<ul style="list-style-type: none"> <li>• Shells Pasta with Pesto</li> </ul>	<ul style="list-style-type: none"> <li>• Fettuccine Carbonara</li> </ul>	
	<ul style="list-style-type: none"> <li>• Cheese, Pepperoni or Vegetable Pizza</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Patty</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese, Pepperoni or Vegetable Pizza</li> </ul>	<ul style="list-style-type: none"> <li>• Hamburgers</li> </ul>	
	<ul style="list-style-type: none"> <li>• Vegetable Burger</li> </ul>	<ul style="list-style-type: none"> <li>• Meat Patty</li> <li>• Vegetable Burger</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Cheese</li> <li>• Vegetable Burger</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Portabello Mushrooms</li> <li>• Vegetable Burger</li> </ul>	
	<ul style="list-style-type: none"> <li>• Assorted Pudding, Jello &amp; Yogurt</li> <li>• Assorted Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Baked Banana Cake</li> <li>• Assorted Pudding, Jello &amp; Yogurt</li> <li>• Assorted Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Assorted Pudding, Jello &amp; Yogurt</li> <li>• Assorted Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Ice Cream Novelties</li> <li>• Assorted Pudding, Jello &amp; Yogurt</li> <li>• Assorted Fresh Fruit</li> </ul>	

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.