








STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

August 30- September 3

	Monday	Tuesday	Wednesday	Thursday	Friday
 Vegetarian Soup	<ul style="list-style-type: none"> ● Hearty Meatball & Spinach Soup ● Fennel & Broccoli Soup 	<ul style="list-style-type: none"> ● Chicken Noodle Soup ● Vegetarian Tortilla Soup 	<ul style="list-style-type: none"> ● Italian Sausage & Tortellini Soup ● Black Bean Vegetarian Chili 	<ul style="list-style-type: none"> ● Chicken Pot Pie Soup ● Creamy Vegetable Soup 	<ul style="list-style-type: none"> ● Thai Beef & Noodle Soup ● Mushroom Barley Soup
	<ul style="list-style-type: none"> ● Field Greens 	<ul style="list-style-type: none"> ● Bibb Lettuce 	<ul style="list-style-type: none"> ● Baby Spinach 	<ul style="list-style-type: none"> ● Chopped Romaine 	<ul style="list-style-type: none"> ● Chef's Salad Mix
	<ul style="list-style-type: none"> ● Quinoa Salad ● Cajun Turkey 	<ul style="list-style-type: none"> ● Louisiana Creole ● Beef Pastrami 	<ul style="list-style-type: none"> ● Asian Cucumbers ● Monterey Jack Cheese 	<ul style="list-style-type: none"> ● Tomato & Mozzarella Salad ● Honey Ham 	<ul style="list-style-type: none"> ● Apple-A-Day Coleslaw ● Cajun Beef
	<ul style="list-style-type: none"> ● Chicken Fajitas ● Corn & Black Beans ● Fresh Tomato & Jalapeño Salsa ● Guacamole ● Sour Cream ● Shredded Cheese ● Vegetable Fajitas 	<ul style="list-style-type: none"> ● Toasted Ravioli ● Homemade Marinara Sauce ● Bow-Tie Pesto Pasta ● Sautéed Sicilian Vegetables ● Toasted Cheese Ravioli 	<ul style="list-style-type: none"> ● Turkey Chili ● All Beef Hot Dogs ● Fritos ● Shredded Cheese ● Diced Onions ● Grilled Eggplant 	<ul style="list-style-type: none"> ● Philly Cheesesteak Sandwiches ● House Fried Chips ● Steamed Vegetables ● Vegetarian Philly Cheesesteak Sandwiches 	<ul style="list-style-type: none"> ● Pasta Primavera ● Bread Sticks ● Butter ● Garden Salad
	<ul style="list-style-type: none"> ● Sopapillas 	<ul style="list-style-type: none"> ● Woopie Pie Cake 	<ul style="list-style-type: none"> ● Yellow Cake with Icing 	<ul style="list-style-type: none"> ● Caramel Treats 	<ul style="list-style-type: none"> ● Chocolate Iced Brownies

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 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 six-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.