

John Burroughs






March 29- April 2



STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

	Monday	Tuesday	Wednesday	Thursday	Friday
 Vegetarian Soup	<ul style="list-style-type: none"> ● Cheddar Bacon Potato ● Onion & Artichoke Soup 	<ul style="list-style-type: none"> ● Chicken Chowder ● Butternut Squash Soup 	<ul style="list-style-type: none"> ● Pasta E. Fagioli ● Mediterranean Vegetable Soup 	<ul style="list-style-type: none"> ● New England Clam Chowder ● Vegetable Tomato Soup 	<ul style="list-style-type: none"> ● Pacific Rim Chicken Noodle ● Broccoli Cheese Rice 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"> ● Egg Salad ● Oven Roasted Sliced Chicken 	<ul style="list-style-type: none"> ● Raspberry Spinach Salad ● Cheddar Cheese 	<ul style="list-style-type: none"> ● Tomato & Cucumber Salad ● Corned Beef 	<ul style="list-style-type: none"> ● Baked Potato Salad ● Garden Turkey 	<ul style="list-style-type: none"> ● Grilled Portobello ● Garlic Beef
	<ul style="list-style-type: none"> ● Spaghetti Romano ● Garlic Toast ● Parmesan Garden Salad ● Spaghetti with Garlic Butter 	<ul style="list-style-type: none"> ● Nacho Bar ● Seasoned Ground Turkey ● Black Bean & Corn Salad ● Melted Cheese ● Diced Tomatoes ● Sour Cream ● Shredded Lettuce ● Salsa ● Seasoned Vegetarian Crumbles 	<ul style="list-style-type: none"> ● Beef Brisket ● Mashed Potatoes ● Steamed Carrots ● Vegetarian Patties 	<ul style="list-style-type: none"> ● Grilled Chicken ● Caesar Salad ● Croutons on side ● French Bread ● Butter ● Grilled Vegetarian Chicken 	<ul style="list-style-type: none"> ● Lemon Pepper Tilapia ● Garlic Roasted Potatoes ● Grilled Asparagus
	<ul style="list-style-type: none"> ● Sugar Cookies 	<ul style="list-style-type: none"> ● Vanilla Cream Parfait 	<ul style="list-style-type: none"> ● Angel Food Cake with Berries 	<ul style="list-style-type: none"> ● Smores Brownies 	<ul style="list-style-type: none"> ● Ice Cream

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.