








**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
 Vegetarian Soup	<ul style="list-style-type: none"> <li>● Chicken Noodle Soup</li> <li>● Black Bean Vegetarian Chili</li> </ul>	<ul style="list-style-type: none"> <li>● Italian Sausage &amp; Tortellini Soup</li> <li>● Vegetarian Tortilla Soup</li> </ul>	<ul style="list-style-type: none"> <li>● Hearty Meatball &amp; Spinach Soup</li> <li>● Fennel &amp; Broccoli Soup</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Pot Pie Soup</li> <li>● Creamy Vegetable Soup</li> </ul>	
	<ul style="list-style-type: none"> <li>● Field Greens</li> </ul>	<ul style="list-style-type: none"> <li>● Bibb Lettuce</li> </ul>	<ul style="list-style-type: none"> <li>● Baby Spinach</li> </ul>	<ul style="list-style-type: none"> <li>● Chopped Romaine</li> </ul>	
	<ul style="list-style-type: none"> <li>● Quinoa Salad</li> <li>● Cajun Turkey</li> </ul>	<ul style="list-style-type: none"> <li>● Louisiana Creole</li> <li>● Beef Pastrami</li> </ul>	<ul style="list-style-type: none"> <li>● Asian Cucumbers</li> <li>● Monterey Jack Cheese</li> </ul>	<ul style="list-style-type: none"> <li>● Tomato &amp; Mozzarella Salad</li> <li>● Honey Ham</li> </ul>	
 Vegetarian Entrée	<ul style="list-style-type: none"> <li>● Turkey Chili</li> <li>● All Beef Hot Dogs</li> <li>● Fritos</li> <li>● Shredded Cheese</li> <li>● Diced Onions</li> <li>● Veggie Dogs</li> </ul>	<ul style="list-style-type: none"> <li>● Toasted Ravioli</li> <li>● Marinara Sauce</li> <li>● Bow Tie Pesto Pasta</li> <li>● Sautéed Sicilian Vegetables</li> <li>● Toasted Cheese Ravioli</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Fajitas</li> <li>● Green Chili &amp; Black Bean Rice</li> <li>● Fresh Tomato &amp; Jalapeño Salsa</li> <li>● Guacamole</li> <li>● Sour Cream</li> <li>● Shredded Cheese</li> <li>● Vegetable Fajitas</li> </ul>	<ul style="list-style-type: none"> <li>● Philly Cheese Steak Sandwiches</li> <li>● Chips</li> <li>● Snap Peas &amp; Baby Carrots</li> <li>● Vegetarian Philly Cheese Steak Sandwiches</li> </ul>	<p>No School</p> <p>Spring Break Starts</p>
	<ul style="list-style-type: none"> <li>● Yellow Cake with Zebra Icing</li> </ul>	<ul style="list-style-type: none"> <li>● Fudge Ice Cream Bars</li> </ul>	<ul style="list-style-type: none"> <li>● Sopapillas</li> </ul>	<ul style="list-style-type: none"> <li>● Caramel Treats</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 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.