










STOP
think about eating a smaller portion
SLOW
balance your meal with green choices
GO
eat all you want!

Spring Menu Week One 2010

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast							
			<ul style="list-style-type: none"> ● Fried Egg with Ham & Cheese ● Assorted Juice ● Assorted Yogurt ● Assorted Cereals 	<ul style="list-style-type: none"> ● Scrambled Egg ● Hash Browns ● Assorted Juice ● Assorted Yogurt ● Assorted Cereal 	<ul style="list-style-type: none"> ● Cinnamon French Toast ● Assorted Juice ● Assorted Yogurt ● Assorted Cereal 	<ul style="list-style-type: none"> ● Poached Egg ● Corn Beef Hash ● Assorted Juice ● Assorted Yogurt ● Assorted Cereal 	<ul style="list-style-type: none"> ● Chocolate Chip Pancakes ● Assorted Juice ● Assorted Yogurt ● Assorted Cereal
Daily Specials							
	<ul style="list-style-type: none"> ● Couscous Vegetable Salad 		<ul style="list-style-type: none"> ● Whole Wheat Penne Salad 	<ul style="list-style-type: none"> ● Cucumber Red Onion & Tomato Salad 	<ul style="list-style-type: none"> ● Tuna Noodle Salad 	<ul style="list-style-type: none"> ● Elbow Macaroni with Ham Salad 	<ul style="list-style-type: none"> ● Orzo Vegetable Salad
 Vegetarian Soup	<ul style="list-style-type: none"> ● Vegetable Chili 		<ul style="list-style-type: none"> ● Pesto Tortellini Soup ● Corn Chowder 	<ul style="list-style-type: none"> ● Chicken with Rice Soup ● Potato Leek Soup 	<ul style="list-style-type: none"> ● Beef Vegetable Soup ● Tomato with Fresh Basil Soup 	<ul style="list-style-type: none"> ● Italian Wedding Soup ● Egg Drop Soup 	<ul style="list-style-type: none"> ● Hobo Soup ● Garden Vegetable Soup
Lunch							
	<ul style="list-style-type: none"> ● Sloppy Joes ● Fish Sandwich ● Oven Fries ● Steamed Green Beans 		<ul style="list-style-type: none"> ● Hot Dogs ● Turkey Dogs ● Baked Beans ● Baby Carrots 	<ul style="list-style-type: none"> ● Bacon, Lettuce & Tomato ● Grilled California Sandwich ● Assorted Chips ● Steamed Peas 	<ul style="list-style-type: none"> ● Cheeseburger ● Chicken Patty ● Potato Chips ● Brussels Sprouts ● Vegetable Burgers 	<ul style="list-style-type: none"> ● Chicken Teriyaki ● Beef Taco Pie ● Jasmine Rice ● Cabbage, Carrots & Broccoli 	<ul style="list-style-type: none"> ● Grilled Cheese ● Grilled Ham & Cheese ● Grilled Cheese & Tomato ● Steamed Spinach ● Assorted Chips
Vegetarian Entrée	<ul style="list-style-type: none"> ● Grilled Vegetable Ciabatta 		<ul style="list-style-type: none"> ● Grilled Vegetable Casserole 	<ul style="list-style-type: none"> ● Vegetable Chop Suey 	<ul style="list-style-type: none"> ● Tomato Basil Tart 	<ul style="list-style-type: none"> ● Vegetable Bagel Melt 	<ul style="list-style-type: none"> ● Grilled Vegetable Panini
	<ul style="list-style-type: none"> ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Assorted Fresh Fruit
Dinner							
	<ul style="list-style-type: none"> ● Tortellini Marinara ● Grilled Caesar Chicken Breast ● Breadsticks ● Peas & Onions ● Plain Caesar ● Meatballs 	<ul style="list-style-type: none"> ● BBQ Pork Loin ● Seasoned Boneless Chicken Breast ● Mashed Potatoes ● Grilled Marinated Vegetables 	<ul style="list-style-type: none"> ● American Chop Suey ● Chicken Chop Suey ● Steamed Asparagus ● Garlic Bread ● Steamed Broccoli 	<ul style="list-style-type: none"> ● Shepherds Pie ● Spaghetti Pie ● Steamed Spinach ● Steamed Corn 	<ul style="list-style-type: none"> ● Stuffed Flank Steak ● Orange Basil Chicken Breast ● Baked Potato ● Peas & Onions 	<ul style="list-style-type: none"> ● Pork Chop Parmesan ● Chicken Saltimboca ● Egg Noodles ● Broiled Tomatoes with Feta & Herbs 	<ul style="list-style-type: none"> ● Chicken with Spinach & Feta ● Baked Pollock ● Parmesan Orzo ● Steamed Green Beans
Vegetarian Entrée	<ul style="list-style-type: none"> ● Stuffed Zucchini 	<ul style="list-style-type: none"> ● Spinach Feta Casserole 	<ul style="list-style-type: none"> ● Vegetable Primavera Rotini 	<ul style="list-style-type: none"> ● Vegetable Chili 	<ul style="list-style-type: none"> ● Riverview Vegetable Burger 	<ul style="list-style-type: none"> ● Vegetable Stuffed Peppers 	<ul style="list-style-type: none"> ● Vegetable Calzone
	<ul style="list-style-type: none"> ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Rice Crispy Treats 	<ul style="list-style-type: none"> ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Assorted Pudding 	<ul style="list-style-type: none"> ● Assorted Fresh Fruit

The following 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.