










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

Spring Menu Week Two 2010

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>							
			<ul style="list-style-type: none"> <li>● Scrambled Egg with Ham &amp; Cheese</li> <li>● Assorted Juice</li> <li>● Assorted Yogurt</li> <li>● Assorted Cereals</li> </ul>	<ul style="list-style-type: none"> <li>● Cheese Omelet</li> <li>● Assorted Juice</li> <li>● Assorted Yogurt</li> <li>● Assorted Cereals</li> </ul>	<ul style="list-style-type: none"> <li>● Blueberry Pancakes</li> <li>● Assorted Juice</li> <li>● Assorted Yogurt</li> <li>● Assorted Cereals</li> </ul>	<ul style="list-style-type: none"> <li>● Scrambled Eggs</li> <li>● Bacon</li> <li>● Assorted Juice</li> <li>● Assorted Yogurt</li> <li>● Assorted Cereals</li> </ul>	<ul style="list-style-type: none"> <li>● Belgium Waffles</li> <li>● Strawberries</li> <li>● Assorted Juice</li> <li>● Assorted Yogurt</li> <li>● Assorted Cereals</li> </ul>
<b>Daily Specials</b>							
	● Orzo Vegetable Salad		● Oriental Noodle Salad	● Vegetable Couscous Salad	● Whole Wheat Pasta Salad	● Tuna Noodle Salad	● Broccoli, Tomato & Carrot Salad
	Vegetarian Soup ● Garden Vegetable Soup		● Chicken Tortellini Soup ● Cream of Carrot Soup	● Clam Chowder ● Tomato Florentine Soup	● Minestrone Soup ● Vegetable Tortellini	● Turkey Soup ● Butternut Squash Soup	● Hobo Stew ● Tomato Soup
<b>Lunch</b>							
	<ul style="list-style-type: none"> <li>● Chicken Patty</li> <li>● Fish Sandwich</li> <li>● Oven Fries</li> <li>● Peas &amp; Carrots</li> </ul>		<ul style="list-style-type: none"> <li>● Philly Cheese Steak</li> <li>● Honey Lemon Chicken Breast</li> <li>● Garlic Rice</li> <li>● Steamed Peas</li> <li>● Sautéed Peppers &amp; Onions</li> </ul>	<ul style="list-style-type: none"> <li>● Baked Scallops</li> <li>● Caesar Smothered Chicken Breast</li> <li>● Rice Pilaf</li> <li>● Steamed Broccoli</li> <li>● Steamed Spinach</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Caesar Salad</li> <li>● Beef Caesar Salad</li> <li>● Tuna Caesar</li> <li>● Garlic Breadstick</li> <li>● Green Beans</li> <li>● Plain Caesar Salad</li> </ul>	<ul style="list-style-type: none"> <li>● Beef Taco</li> <li>● Chicken Taco</li> <li>● Mexican Rice</li> <li>● Mexican Corn</li> <li>● Steamed Spinach</li> </ul>	<ul style="list-style-type: none"> <li>● Pasta with Meat Sauce</li> <li>● Pasta Alfredo</li> <li>● Hot Rolls</li> <li>● Green Beans</li> <li>● Sausage Meatballs</li> </ul>
Vegetarian Entrée	● Zucchini & Summer Squash Medley		● Vegetable Wrap	● Tomato Basil Rice	● Tofu Stir	● Tamale Pie	● Pasta Marinara
	● Assorted Fresh Fruit		● Assorted Fresh Fruit	● Assorted Fresh Fruit	● Assorted Fresh Fruit	● Assorted Fresh Fruit	● Assorted Fresh Fruit
<b>Dinner</b>							
	<ul style="list-style-type: none"> <li>● Roast Jerk Pork Loin</li> <li>● Grilled Caribbean Chicken Breast</li> <li>● Green Beans</li> <li>● Steamed Corn</li> <li>● Curried Rice</li> </ul>	<ul style="list-style-type: none"> <li>● Baked Glazed Ham</li> <li>● Italian Herb Chicken Breast</li> <li>● Macaroni &amp; Cheese</li> <li>● Steamed Broccoli</li> <li>● Stuffed Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>● Stuffed Shells Marinara</li> <li>● Eggplant Parmesan</li> <li>● Green Beans</li> <li>● Glazed Carrots</li> <li>● Hot Rolls</li> </ul>	<ul style="list-style-type: none"> <li>● Grilled Marinated Pork Loin Chop</li> <li>● Grilled Chicken Breast</li> <li>● Baked Potatoes</li> <li>● Steamed Corn</li> <li>● Broccoli with Cheese</li> </ul>	<ul style="list-style-type: none"> <li>● Roast Turkey Dinner</li> <li>● Stuffing</li> <li>● Gravy</li> <li>● Butternut Squash</li> <li>● Mashed Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Pot Pie</li> <li>● Salisbury Steak</li> <li>● Potatoes Au Gratin</li> <li>● Steamed Broccoli</li> <li>● French Green Bean Casserole</li> </ul>	<ul style="list-style-type: none"> <li>● Baked Haddock</li> <li>● Chicken Marsala with Gorgonzola</li> <li>● Garden Rice</li> <li>● Cauliflower</li> <li>● Vegetable Couscous</li> </ul>
Vegetarian Entrée	● Curry Rice Stew	● Goat Cheese Risotto	● Kasha Stuffed Tomato	● Vegetarian Jambalaya	● Vegetarian Stuffed Peppers	● Spinach & Feta Casserole	● Spiced Vegetable Tofu Stir-Fry
	● Assorted Fresh Fruit	● Assorted Fresh Fruit	● Assorted Fresh Fruit	● Pumpkin Cheesecake	● Assorted Fresh Fruit	● Fresh Baked Brownies	● 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.