










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

Spring Menu Week Four 2010

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast							
			<ul style="list-style-type: none"> ● Fried Egg ● Hash Browns ● Assorted Juice ● Assorted Yogurt ● Assorted Cereals 	<ul style="list-style-type: none"> ● Poached Egg & Hash ● Assorted Juice ● Assorted Yogurt ● Assorted Cereals 	<ul style="list-style-type: none"> ● Pancakes ● Assorted Juice ● Assorted Yogurt ● Assorted Cereals 	<ul style="list-style-type: none"> ● Scrambled Eggs ● Sausage Links ● Assorted Juice ● Assorted Yogurt ● Assorted Cereals 	<ul style="list-style-type: none"> ● Belgium Waffles ● Sliced Peaches ● Assorted Juice ● Assorted Yogurt ● Assorted Cereals
Daily Specials							
			<ul style="list-style-type: none"> ● Red Cabbage Salad with Apples & Bacon 	<ul style="list-style-type: none"> ● Broccoli, Onion & Tomato Salad 	<ul style="list-style-type: none"> ● Couscous Salad 	<ul style="list-style-type: none"> ● Greek Salad 	<ul style="list-style-type: none"> ● Orzo Vegetable Salad
 Vegetarian Soup			<ul style="list-style-type: none"> ● Clam Chowder ● Vegetable Barley Soup 	<ul style="list-style-type: none"> ● Curried Chicken Soup ● Tomato Florentine Soup 	<ul style="list-style-type: none"> ● Chili con Carne ● Black Bean Soup 	<ul style="list-style-type: none"> ● French Onion Soup ● Zucchini Soup with Cilantro & Lime 	<ul style="list-style-type: none"> ● Hobo Soup ● Cream of Carrot Soup
Lunch							
	<ul style="list-style-type: none"> ● Chicken Fingers ● Fish Sticks ● Oven Fries ● Steamed Peas ● Steamed Carrots 		<ul style="list-style-type: none"> ● Sausage & Peppers over Noodles ● Chili Wrap ● Vegetable Chili Wrap ● Asparagus 	<ul style="list-style-type: none"> ● Grilled Corn Beef & Swiss ● Grilled Cheddar on Wheat ● Brussels Sprouts ● Summer Squash ● Assorted Chips 	<ul style="list-style-type: none"> ● Chicken Burrito ● Seafood Quesadilla ● Cheese Quesadilla ● Baked Tortilla Chips ● Salsa ● Mexicorn 	<ul style="list-style-type: none"> ● Pulled Pork Sandwich ● BBQ Chicken Sandwich ● Bulky Roll ● Green Beans ● Spinach & Feta 	<ul style="list-style-type: none"> ● French Dip ● Baked Salmon ● Garden Rice ● Asparagus ● Steamed Broccoli
Vegetarian Entrée	<ul style="list-style-type: none"> ● Southwest Vegetable Wrap 		<ul style="list-style-type: none"> ● Vegetable Medley 	<ul style="list-style-type: none"> ● Arugula, Tomato & Cheese Quesadillas 	<ul style="list-style-type: none"> ● Grilled Vegetable & Bean Taco 	<ul style="list-style-type: none"> ● BBQ Portabella Sandwich 	<ul style="list-style-type: none"> ● Stuffed Eggplant Parmesan
	<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"> ● Chicken Parmesan ● Chicken Caesar Salad ● Egg Noodles ● Green Beans ● Caesar Salad 	<ul style="list-style-type: none"> ● Pineapple Glazed Ham ● Crispy Buttermilk Chicken ● Oven Roast Potato ● Cauliflower 	<ul style="list-style-type: none"> ● Parmesan Encrusted Chicken ● Wild Rice ● Glazed Carrots ● Peas & Onions 	<ul style="list-style-type: none"> ● Roast Turkey Dinner ● Stuffing ● Gravy ● Mashed Potatoes ● Butternut Squash 	<ul style="list-style-type: none"> ● BBQ Wings ● Buffalo Wings ● Seasoned Wings ● Oven Fries ● Carrots 	<ul style="list-style-type: none"> ● Meat Lasagna ● Chicken Piccata ● Garden Rice ● Garlic Bread ● Green Beans 	<ul style="list-style-type: none"> ● Fish Sticks ● Chicken Patty ● Oven Fries ● Corn ● Peas
Vegetarian Entrée	<ul style="list-style-type: none"> ● Vegetable Brochettes 	<ul style="list-style-type: none"> ● Vegetable Feta Casserole 	<ul style="list-style-type: none"> ● Eggplant Gratin 	<ul style="list-style-type: none"> ● Marinated Tofu & Vegetables 	<ul style="list-style-type: none"> ● Vegetable Lasagna 	<ul style="list-style-type: none"> ● Vegetarian Stuffed Peppers 	<ul style="list-style-type: none"> ● Vegetarian Empanadas
	<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"> ● Ice Cream & Toppings 	<ul style="list-style-type: none"> ● Assorted Fresh Fruit 	<ul style="list-style-type: none"> ● Lemon Squares 	<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.