



STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

Month August and September

Monday	Tuesday	Wednesday	Thursday	Friday
08/23/10 WELCOME BACK STUDENTS!	08/24/10 <ul style="list-style-type: none"> ● Chicken Rice Soup ● Tangy Cabbage Slaw ● Carrot and Pineapple Salad ● Potato Salad ● BBQ Brisket ● BBQ Sausage ● Macaroni and Cheese ● Steamed Broccoli ● Steamed Carrots ● Assorted Fresh Fruit ● Sliced Cucumbers ● Sliced Melon 	08/25/10 <ul style="list-style-type: none"> ● Meatballs Pasta Soup ● Artichoke Tomato Salad ● Spinach and Pear Salad ● Pasta Salad Nicoise ● Grilled Turkey Reuben Sandwiches ● Chicken Fried Steak ● Mashed Potatoes/ Gravy ● Sautéed Fresh Green Beans ● Assorted Fresh Fruit ● Baby Carrots ● Sliced Pineapple 	08/26/10 <ul style="list-style-type: none"> ● Beef Vegetable Soup ● Balsamic Vegetable Salad ● Bacon and Green Bean Pasta Salad ● Chicken Saute' with Asparagus, Tomatoes and Lemon ● Baked Ziti with Meat Sauce ● Steamed Rice ● Steamed Green Peas ● Sautéed Spinach w/ Lemon ● Assorted Fresh Fruit ● Sliced Oranges ● Celery Sticks 	08/27/10 <ul style="list-style-type: none"> ● Chicken with Vermicelli Soup ● Tuna Salad ● Lime -Marinated Tomato Salad ● Philly Steak Sub ● Glazed Shrimp & Asparagus ● Baked Chips ● Roasted Mix Vegetables ● Assorted Fresh Fruit with Yogurt Bar ● Broccoli Crowns / Ranch
08/30/10 <ul style="list-style-type: none"> ● Chicken Corn / Orzo Soup ● Gingered Cranberry-Carrot Slaw ● Pimento Cheese Salad ● Sliced Eggs ● Baked Chicken Apricot -Balsamic Glaze ● Rigatoni Pasta with Marinara Sauce ● Confetti Rice ● Steamed Green Peas ● Assorted Fresh Fruit ● Baby Carrots ● Sliced Pineapple 	08/31/10 <ul style="list-style-type: none"> ● Broccoli Cheddar Soup ● Caesar Salad ● Peppery Vegetable Salad ● Chicken and Grapes Salad ● Spaghetti with Meatball ● Spaghetti with Marinara Sauce ● Mediterranean Wrap ● Fresh Roasted Squash ● Garlic Bread ● Assorted Fresh Fruit ● Celery Sticks / Ranch ● Sliced Oranges 	09/01/10 <ul style="list-style-type: none"> ● Cream of Tomato Soup ● Broccoli Garbanzo Salad ● Corn & Shrimp Salad ● Chicken & Vegetable Quesadilla ● Cheese Enchiladas ● Spanish Rice ● Charro Bean ● Herbed Tomatoes 'n Green Beans ● Jalapeno Corn Bread ● Assorted Fresh Fruit ● Sliced Cucumbers ● Sliced Peaches 	09/02/10 <ul style="list-style-type: none"> ● Colorful Chicken 'n' Squash Soup ● Topping Bar ● Cucumber & Tuna Salad ● Zesty Vegetable Wraps ● Hoagies Chicken Sandwiches ● Baked Potatoes ● Fresh Steamed Carrots ● Assorted Fresh Fruit ● Broccoli Crowns / Ranch ● Sliced Honey Dow 	09/03/10 <ul style="list-style-type: none"> ● Baked Potato Soup ● Apple and Celery Salad ● Italian Garden Salad ● Greek Pasta Salad ● Chicken Apple Wrap ● Cheeseburger Pasta ● Creamy Alfredo Pasta ● Steamed Cauliflower ● Confetti Corn ● Assorted Fresh Fruit ● Cherry Tomato/ Lime ● Sliced Apples ● Farewell Summer ● Ice Cream 2:45pm
09/06/10 Labor Day School Holiday	09/07/10 <ul style="list-style-type: none"> ● Egg Drop Soup ● Rice Noodles ● Sour Cream Cucumbers Salad ● Arugula Summer Salad ● Chutney & Chicken Salad ● Sweet & Sour Chicken ● Orange Beef Teriyaki ● Steamed Rice ● Sautéed Sugar Peas ● Assorted Fresh Fruit ● Sliced Cucumbers ● Sliced Peaches 	09/08/10 <ul style="list-style-type: none"> ● Viva Tortilla Soup ● Avocado- Orange Spinach Toss ● Guacamole Salad ● Mexican Chicken Fiesta Salad ● Soft Beef Tacos ● Mexican Confetti Rice ● Refried Beans ● Steamed Green Beans ● Assorted Fresh Fruit ● Baby Carrots ● Sliced melon 	09/09/10 <ul style="list-style-type: none"> ● Queso Bar and Chips ● Topping Bar ● Grilled Greek Potato Salad ● Shrimp Salad ● Shredded Beef Au jus serve on Bun ● Hot Dog / Chili ● Baked Chips ● Potato Vegetable Medley ● Assorted Fresh Fruit ● Cherry Tomato/ Lime ● Sliced Apple 	09/10/10 <ul style="list-style-type: none"> ● Chicken Alphabet Soup ● Marinated Salad ● Spring Greens / Beets & Feta Cheese Salad ● Rainbow Pasta Salad ● Three Cheese Lasagna ● Angel Hair Alfredo ● Spinach/Lemon Butter ● Fresh Steamed Cauliflower ● Assorted Fresh Fruit ● Broccoli Crowns / Ranch ● Sliced Honey Dow ● Strawberry Shortcake
09/13/10 <ul style="list-style-type: none"> ● Summer Squash Soup ● Sliced Egg ● Corn / Black Bean Salad ● Tuna Artichoke Vinaigrette ● Teriyaki Beef Wrap ● Grilled Chicken w/ Tomato, lime ,Cilantro Salsa ● Grilled Sausage ● Seasoned Red Potatoes ● Steamed Cauliflower/Broccoli ● Assorted Fresh Fruit ● Celery Sticks ● Sliced Cantaloupe 	09/14/10 <ul style="list-style-type: none"> ● Tomato Tortellini Soup ● Curried Chicken /Apple Salad ● Cherry Tomato Salad ● Rice Noodle Salad ● Beef Blue Cheese Wrap ● Roast Turkey ● Sage Dressing/ Gravy ● Mashed Potatoes ● Steamed Carrots ● Cranberry Sauce ● Assorted Fresh Fruit ● Cherry Tomato/ Lime ● Sliced Apple 	09/15/10 <ul style="list-style-type: none"> ● Chicken Tortilla Soup ● Crunchy Marinated Vegetable Salad ● Asparagus & Corn Salad ● Ham and Cheese Wrap ● Chalupas Compuestas ● Beef and Beans ● Spanish Rice ● Refried Beans ● Fresh Herbed Tomatoes ● Green Beans ● Assorted Fresh Fruit ● Sliced Cucumbers ● Sliced Mango 	09/16/10 <ul style="list-style-type: none"> ● Turkey Rice Soup ● Pasta and Turkey Salad ● Pimento Cheese Salad ● Roasted Chicken Thighs w/ Vegetables ● Steamed Rice ● Mini Corn Dogs ● Steamed Mix Vegetables ● Assorted Fresh Fruit ● Broccoli Crowns / Ranch ● Sliced Honey Dow 	09/17/10 <ul style="list-style-type: none"> ● Cream of Mushroom Soup ● Broccoli and Raisin Salad ● Pepperoni Caesar Salad ● Chicken Parmesan ● Mangia! Mangia Pasta Bar ● Bow Tie Pasta ● Meat Sauce ● Alfredo Sauce ● Marinara Sauce ● Steamed Broccoli ● Assorted Fresh Fruit ● Sliced Cucumbers ● Apple Sauce ● Chocolate Trifle



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, mad-from-scratch salad dressings along with traditional favorites

At The Classic Cuts Deli* bar; a variety of chesses, ham, turkey, and deli salads are freshly prepared each day. Students can create their own favorite sandwich

V - denotes our daily vegetarian soup and entree. Numerous vegetarian offerings are served throughout the dining hall.

The monthly 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.