











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

Winter Cycle Week Two

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast							
			<ul style="list-style-type: none"> ● Sausage Links ● Scrambled Eggs ● Hash Browns ● Waffles ● Cranberry Muffins 	<ul style="list-style-type: none"> ● Ham Hash ● Scrambled Eggs ● Home Fries ● French Toast ● Zucchini Bread 	<ul style="list-style-type: none"> ● Crisp Bacon ● Scrambled Eggs ● Skillet Potatoes ● Buttermilk Pancakes ● Strawberry Danish 	<ul style="list-style-type: none"> ● Canadian Bacon ● Scrambled Eggs ● O'Brien Potatoes ● Blueberry Waffles ● Eggs to Order 	<ul style="list-style-type: none"> ● Turkey Sausage ● Scrambled Eggs ● Potato Cakes ● Texas Toast ● Chocolate Muffins
Daily Specials							
	● Three Bean Salad	● Mandarin Spinach Salad	● Greek Cucumber & Mint Salad	● Mojito Fruit Salad	● Ranch Pasta Salad	● Hummus with Fresh Pita	● Coleslaw
	● Genoa Salami	● Bologna	● Smoked Gouda Cheese	● Mediterranean Chicken Salad	● Grilled Vegetables	● Buffalo Style Turkey Breast	● Egg Salad
	● Cuban Black Bean	● Loaded Potato	● Creamy Turkey & Vegetable	● Chicken Orzo	● Chipotle & Chicken Corn Chowder	● Beef & Rice	● Fish Chowder
Vegetarian Soup	● Vegetarian Split Pea	● Spicy Lentil	● Mushroom Barley	● Creamy Broccoli	● Tuscan White Bean	● Curried Carrot	● Vegetable Rice
Lunch							
	<ul style="list-style-type: none"> ● Maple Ham ● Scrambled Eggs ● Skillet Potatoes ● Pancakes ● Spinach Frittata 	<ul style="list-style-type: none"> ● Sausage Patties ● Scrambled Eggs ● Potato Cakes ● Raisin French Toast ● Bacon Strata 	<ul style="list-style-type: none"> ● Shepherds Pie ● Cheesy Polenta ● Sautéed Squash Medley ● Steamed Spinach ● Vegetable Ragout 	<ul style="list-style-type: none"> ● Chicken Tangine ● Basmati Rice ● Cinnamon Glazed Carrots ● Succotash ● Vegetable Pot Pie 	<ul style="list-style-type: none"> ● Jamaican Jerk Pork Loin ● Roasted Potatoes ● Steamed Broccoli ● Buttered Corn ● Broccoli Strudel 	<ul style="list-style-type: none"> ● Pepper Steak ● Steamed White Rice ● Snap Peas ● Okra with Tomatoes ● Cheese Lasagna 	<ul style="list-style-type: none"> ● Popcorn Shrimp ● Green Beans ● Roasted Beets ● Vegetable Fried Rice
			● Oatmeal Cookies	● Fluff Brownies	● Strawberry Cookie Bar	● Chocolate Chip Cake	● Ice Cream Novelties
Dinner							
	<ul style="list-style-type: none"> ● Beef Braciola ● Rice Pilaf ● Swiss Chard 	Family Style Dinner ITALIAN NIGHT	<ul style="list-style-type: none"> ● Turkey Meatballs ● Whole Wheat Penne ● Roasted Root Vegetables ● Stuffed Peppers 	<ul style="list-style-type: none"> ● London Broil ● Mashed Potatoes ● Steamed Cauliflower ● Spicy Bean Cakes 	<ul style="list-style-type: none"> ● Chicken Cacciatore ● Pasta with Garlic & Oil ● Sautéed Zucchini ● Stuffed Shells 	<ul style="list-style-type: none"> ● Beef Tacos ● Rice & Beans ● Toppings Bar ● Vegetarian Chili 	Fast Friday Grab & Go Dinner <ul style="list-style-type: none"> ● Monte Cristo ● Potato Chips ● Grilled Cheese
	● M&M Blondie Bars	● Blueberry Pie	● Lemon Bars	● Cherry Cobbler	● Yellow Cake with Fudge Icing	● Blueberry Bars	● Ice Cream Novelties

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.