











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

Winter Cycle Week Three

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast							
			<ul style="list-style-type: none"> Canadian Bacon Scrambled Eggs Home Fries Banana Pancakes Eggs to Order 	<ul style="list-style-type: none"> Sausage Patties Scrambled Eggs O'Brien Potatoes Orange French Toast Peach Muffins 	<ul style="list-style-type: none"> Crisp Bacon Scrambled Eggs Skillet Potatoes Waffles Strawberry Croissants 	<ul style="list-style-type: none"> Corned Beef Hash Scrambled Eggs Hash Browns Buttermilk Pancakes Cinnamon Raisin Roll 	<ul style="list-style-type: none"> Turkey Sausage Scrambled Eggs Home Fries French Toast Apple Strudel
Daily Specials							
	<ul style="list-style-type: none"> Apple & Mesclun Salad 	<ul style="list-style-type: none"> Carrot Slaw 	<ul style="list-style-type: none"> Spinach & Pear Salad 	<ul style="list-style-type: none"> Pineapple Salsa 	<ul style="list-style-type: none"> Tabbouleh 	<ul style="list-style-type: none"> Macaroni Salad 	<ul style="list-style-type: none"> Wild Mushroom Salad
	<ul style="list-style-type: none"> Ham Salad 	<ul style="list-style-type: none"> Italian Roast Beef 	<ul style="list-style-type: none"> Roasted Red Peppers & Eggplant 	<ul style="list-style-type: none"> Pepper Jack Cheese 	<ul style="list-style-type: none"> Honey & Brown Sugar Roasted Turkey Breast 	<ul style="list-style-type: none"> Buffalo Chicken Tenders 	<ul style="list-style-type: none"> Mediterranean Tuna Salad
 Vegetarian Soup	<ul style="list-style-type: none"> Creamy Chicken Pasta e Fagioli 	<ul style="list-style-type: none"> Spicy Beef & Vegetable Creamy Celery 	<ul style="list-style-type: none"> Coconut Chicken with Lemongrass Tomato Tortilla 	<ul style="list-style-type: none"> Minestrone with Mini Meatballs Spinach & Tofu 	<ul style="list-style-type: none"> Turkey & Vegetable Tomato Florentine 	<ul style="list-style-type: none"> Italian Chicken Butternut & Apple 	<ul style="list-style-type: none"> New England Clam Chowder Vegetable Bean
Lunch							
	<ul style="list-style-type: none"> Sausage Links Scrambled Eggs Roasted Potatoes Texas Toast Quiche Lorraine 	<ul style="list-style-type: none"> Irish Bangers Scrambled Eggs O'Brien Potatoes Waffles 3 Cheese Frittata 	<ul style="list-style-type: none"> Beef Pot Pie Brown Rice Squash Provençal Creamed Spinach Tempeh Stir-Fry 	<ul style="list-style-type: none"> Open Faced Turkey Sandwich Gravy Mashed Potatoes Butternut Squash Steamed Green Beans Mushroom Lasagna 	<ul style="list-style-type: none"> Swedish Meatballs Buttered Egg Noodles Steamed Broccoli Sautéed Squash Medley Pierogies 	<ul style="list-style-type: none"> Herb Roasted Chicken Rice Pilaf Steamed Cauliflower Buttered Corn Zucchini Parmesan 	<ul style="list-style-type: none"> Boston Baked Scrod Roasted Potatoes Sautéed Spinach Brussels Sprouts Macaroni & Cheese
			<ul style="list-style-type: none"> Snickerdoodles 	<ul style="list-style-type: none"> Pineapple Carrot Cake 	<ul style="list-style-type: none"> Molasses Cookies 	<ul style="list-style-type: none"> Applesauce Cake 	<ul style="list-style-type: none"> Ice Cream Novelties
Dinner							
	<ul style="list-style-type: none"> Chicken & Broccoli Alfredo Sautéed Spinach Cheese Ravioli 	<p>Family Style Dinner</p> <p>TRADITIONAL AMERICAN</p>	<ul style="list-style-type: none"> Sweet & Sour Chicken Steamed Rice Spaghetti Squash Pesto Manicotti Pumpkin Cake 	<ul style="list-style-type: none"> Tortellini with Meat Sauce Rice Pilaf Broccoli Ricotta Stuffed Portobello Fluff Brownies 	<ul style="list-style-type: none"> Chicken Rice & Bean Burrito Mexican Rice Pico de Gallo Black Bean Enchiladas Lemon Chiffon Cake 	<ul style="list-style-type: none"> Hoisin Marinated Pork Loin Chops Sweet Potatoes Zucchini Ravioli Marinara Gingerbread Cookies 	<p>Fast Friday Grab & Go Dinner</p> <ul style="list-style-type: none"> Italian Stromboli Cheese Stromboli Vegetable Stromboli Ice Cream Novelties
	<ul style="list-style-type: none"> Cheesecake Bars 	<ul style="list-style-type: none"> Apple Pie 	<ul style="list-style-type: none"> Pumpkin Cake 	<ul style="list-style-type: none"> Fluff Brownies 	<ul style="list-style-type: none"> Lemon Chiffon Cake 	<ul style="list-style-type: none"> Gingerbread Cookies 	<ul style="list-style-type: none"> 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.