





STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Waffle Bar						
	<ul style="list-style-type: none"> Scrambled Eggs Whole Wheat French Toast Baby Potato Cakes House-Made Corned Beef Hash Cinnamon Oatmeal 	No Breakfast	<ul style="list-style-type: none"> Scrambled Eggs Cheese Omelet <ul style="list-style-type: none"> Bacon Home Fried Potatoes Oatmeal 	<ul style="list-style-type: none"> Scrambled Eggs Scrambled Eggs With Tomato & Chives Breakfast Pizza Grilled Ham Baked Home Fries 	<ul style="list-style-type: none"> Scrambled Eggs French Toast Hash Brown Ovals Sausage Links Grits 	<ul style="list-style-type: none"> Scrambled Eggs Buttermilk Pancakes O'Brien Potatoes <ul style="list-style-type: none"> Bacon Wheat Farina 	<ul style="list-style-type: none"> Scrambled Eggs Scrambled Eggs With Bacon & Cheese Cheese Blintzes Baby Potato Cakes Sausage Patty
Daily Specials	Waffle Bar						
	<ul style="list-style-type: none"> Corn & Black Bean Salad 14502 	Sunday Brunch	<ul style="list-style-type: none"> Garlic & Herb Grilled Sliced Chicken Breast 	<ul style="list-style-type: none"> Ranch Pasta Salad 	<ul style="list-style-type: none"> Marinated Grilled Vegetable Salad 	<ul style="list-style-type: none"> Fresh Mozzarella Basil & Plum Tomato 	<ul style="list-style-type: none"> Marinated Mushrooms
	<ul style="list-style-type: none"> House-Roasted Beef 	Sunday Brunch	<ul style="list-style-type: none"> Black Peppered Pastrami 	<ul style="list-style-type: none"> Turkey & Dried Cranberry Salad 	<ul style="list-style-type: none"> Ham Salad 	<ul style="list-style-type: none"> Seafood Salad 	<ul style="list-style-type: none"> Sliced Pepperoni
	<ul style="list-style-type: none"> Chicken Noodle Cantalope 11042 	<ul style="list-style-type: none"> Turkey & Rice Cream of Mushroom 	<ul style="list-style-type: none"> Beef Barley Tomato Vegetable 	<ul style="list-style-type: none"> Chicken & Mushroom French Onion 	<ul style="list-style-type: none"> New England Clam Chowder Minestrone 13872 	<ul style="list-style-type: none"> Curried Apple & Leek Miso 25392 	<ul style="list-style-type: none"> Cream of Spinach 17132 Vegetable Lentil
Lunch	Egg & Omelet Bar		Sit Down Buffet Lunch				
	<ul style="list-style-type: none"> Penne Carbonara Mongolian Beef Stir-Fry 17932 <ul style="list-style-type: none"> Orzo Rice Pilaf Steamed Zucchini Sauteed Mushrooms Vegetables, Tofu & Tomato Sauce 	<ul style="list-style-type: none"> Omelet Bar Cooked To Order Pick Your Own Items Belgian Waffles with Toppings Fresh Cut Fruit Vegetarian Choice Omelet 	<ul style="list-style-type: none"> Chicken Patty Sandwich American Chop Suey Oven Baked Sweet Potatoes Vegetable Medley Steamed Green Beans Mediterranean Tofu 22172 	<ul style="list-style-type: none"> Pasta Du Jour Meat Sauce Marinara Sauce Roasted Cherry Tomatoes Steamed Zucchini Vegetarian Stuffed Peppers 	<ul style="list-style-type: none"> Clam Cakes Sante Fe Grilled Chicken Breast Egg Noodles Steamed Spinach Baby Carrots Greek Salad With Toasted Pita 24062 	<ul style="list-style-type: none"> Pan-Fried Pierogies Chicken Garden Stir-Fry White Rice Steamed Squash Steamed Snap Peas General Tso's Tofu Caprese Pita 5602 	<ul style="list-style-type: none"> Philly Cheesesteak Chicken, Spinach & Feta Pasta <ul style="list-style-type: none"> Steak Fries Steamed Broccoli Maple Glazed Carrots Baked Rigatoni with Broccoli & Gorgonzola Mexican Grilled Cheese
	<ul style="list-style-type: none"> Honey Mustard Chicken Breast Sandwich 5962 	<ul style="list-style-type: none"> Ham Egg & Cheese Sandwich 	<ul style="list-style-type: none"> Balsamic Tuna Wrap 	<ul style="list-style-type: none"> Garlic Bread 	<ul style="list-style-type: none"> Grilled Veggie Sandwich 5922 	<ul style="list-style-type: none"> Blondie Bars 	<ul style="list-style-type: none"> Iced Chocolate Cake
	<ul style="list-style-type: none"> Sugar-Free Jell-O® 	<ul style="list-style-type: none"> Zucchini Blueberry Bread 	<ul style="list-style-type: none"> Carrot Cake 	<ul style="list-style-type: none"> Key Lime Pie Tarts 	<ul style="list-style-type: none"> Blondie Bars 	<ul style="list-style-type: none"> Iced Chocolate Cake 	<ul style="list-style-type: none"> Ice Cream Buffet
Dinner							
	<ul style="list-style-type: none"> Veggie Turnover Sesame Chicken Breast Steamed White Rice Vegetable Medley Chinese Cabbage Vegetarian Orange Stir-Fry 	<ul style="list-style-type: none"> Oven Roasted Chicken Gnocchi Pomodoro Roasted Potatoes Steamed Kale Steamed Corn Grilled Tofu Over Spinach 26812 	<ul style="list-style-type: none"> Pasta Naples Beef Steak Fajitas Wild Rice Pilaf Grilled Eggplant Steamed Broccoli Portabella & Tomato Napoleon Chocolate Pudding 	<ul style="list-style-type: none"> Roast Maple Mustard Glazed Pork Loin <ul style="list-style-type: none"> Indonesian Chicken Legs Baked Potato Bar Steamed Asparagus Yellow Squash With Basil 14282 Black Bean Cakes with Cilantro Sauce Coffee Cake 	<ul style="list-style-type: none"> Baked Haddock Cheese Quesadilla Spanish Rice Roasted Mushrooms Steamed Peas Vegetarian Mexican Lasagna Granola Apple Crisp 	<ul style="list-style-type: none"> Cajun Baked Chicken Breast <ul style="list-style-type: none"> Sloppy Joes Roasted Red Potatoes Roasted Brussel Sprouts Sauteed Corn Goat Cheese Risotto Fresh-Baked Cookies 	<ul style="list-style-type: none"> Veal Parmesan Turkey Burgers <ul style="list-style-type: none"> Pasta with Marinara Sauce Lemon Spinach Steamed Cauliflower Eggplant Roulades 22022 Double Fudge Brownies
	<ul style="list-style-type: none"> Pineapple Cake 	<ul style="list-style-type: none"> "Make Your Own" Sundae Bar 	<ul style="list-style-type: none"> Chocolate Pudding 	<ul style="list-style-type: none"> Coffee Cake 	<ul style="list-style-type: none"> Granola Apple Crisp 	<ul style="list-style-type: none"> Fresh-Baked Cookies 	<ul style="list-style-type: none"> Double Fudge Brownies

Assorted yogurts available daily at Breakfast.

Fresh cut fruit available daily at all meals at the Main Ingredient station.

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.