

Pingry School, Short Hills



STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

10/13/08 - 10/17/08

	Monday	Tuesday	Wednesday	Thursday	Friday
	● Chicken Noodle	● Corn Chowder (V)	● Chicken Rice	● Tomato Florentine (V)	● Broccoli Cheddar (V)
	● Chopped Apple Salad	● Black Bean & Corn Salad	● Mexicali Pasta Salad	● Cucumber Tomato Salad	● Three Bean Salad
	● Turkey Salad	● Chicken Salad	● Egg Salad	● Ham Salad	● Lemon Herb Chicken Salad
 Vegetarian Entree	● Baked Chicken Nuggets ● Buttered Noodles ● Carrots ● French Fries (V)	● Chicken Pot Pie ● Mashed Potatoes ● Broccoli ● Stuffed Peppers (V)	● Scrambled Eggs ● Bacon ● Home Fries ● Cauliflower ● French Toast Served with Maple Syrup (V)	● Grilled Rosemary Chicken ● Brown Rice ● Grilled Vegetables ● Grilled Cheese Made with Whole Wheat (V)	● Baked Fish Nuggets ● Roasted Potatoes ● Corn ● Spinach & Cheese Quiche (V)
	● Angel Food Cake with Berries	● Jasmine Rice Pudding Made with Skim Milk	● Ice Cream	● Jello	● Fresh Baked Chocolate Chip Cookies

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, made-from-scratch salad dressings along with traditional favorites.

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