

Pingry School, Short Hills






10/20/08 - 10/24/08



**STOP**  
think about eating a smaller portion

**SLOW**  
balance your meal with green choices

**GO**  
eat all you want!

	Monday	Tuesday	Wednesday	Thursday	Friday
	School Closed Njais Professional Development Day	● Chicken Noodle	● Vegetable Beef	● Chicken & Wild Rice	● Vegetable Noodle (V)
		● Cucumbers with Sweet Dill Dressing	● Balsamic Green Bean Salad	● Asian Chicken & Orzo Salad	● Roasted Garlic & Red Pepper Humus
		● Egg Salad	● Chicken Salad	● Chicken Club Salad	● Turkey Salad
  Vegetarian Entree		● Cheese Steaks ● Roasted Potato Wedges ● Broccoli  ● Whole Wheat Pasta with Sauce (V)	● Barbeque Pork Ribs ● Wild Rice ● Carrots  ● Macaroni & Cheese (V)	● Grilled Tilapia with Lemon Dill Sauce ● Brown Rice ● Green Beans  ● Vegetable & Cheese Quiche (V)	● Meatball Subs ● Roasted Potatoes ● Sauteed Fresh Spinach  ● Vegetable Lasagna (v)
		● Apple Pie	● Banana Pudding	● 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.