








STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

10/27/08 - 10/31/08

	Monday	Tuesday	Wednesday	Thursday	Friday
	● Chicken Noodle	● Tomato Soup (V)	● Chicken Rice	● Tortellini Soup (V)	● French Onion
	● Cucumber Tomato Salad	● Lo Mein Noodle Salad	● Cole Slaw	● White Bean Salad	● Pasta Salad
	● Chicken Salad	● Ham Salad	● Pesto Chicken Salad	● Egg Salad	● Turkey Salad
 Vegetarian Entree	● Baked Pork Chops Served with Gravy ● Mashed Potatoes ● Green Beans ● Macaroni & Cheese (V)	● Grilled Chicken with Fresh Herbs ● Brown Rice ● Peas ● Grilled Cheese Made with Whole Wheat (V)	● Hamburgers, Cheeseburgers, Hot Dogs ● Baked Potato Wedges ● Broccoli ● Vegetable Burgers (V)	● Chicken Parmesan ● Roasted Herb Potatoes ● Carrots ● Eggplant Parmesan (V)	● Filet of Fish Sandwich ● Rice Pilaf ● Vegetable Medley ● Broccoli & Cheese Quiche (V)
	● Angel Food Cake with Berries	● Jello	● Sugar Free Chocolate Mousse	● Jasmine Rice Pudding Made with Skim Milk	● 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.