






Pingry School, Short Hills



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

10/06/08 - 10/10/08

	Monday	Tuesday	Wednesday	Thursday	Friday
	● Taco Soup	● Chicken Noodle	● Beef Barley	School Closed Yom Kippur	● Chicken Vegetable
	● Pico Salad with Pita Chips	● Fresh Mozzarella, Tomato & Basil	● Balsamic Roasted Vegetables		● Potato Salad
	● Chicken Club Salad	● Ham Salad	● Lemon Herb Chicken Salad		● Pesto Chicken Salad
 Vegetarian Entree	● Hard & ● Soft Turkey Tacos ● Mexican Rice ● Broccoli ● Refried Beans (V)	● Hoisin Glazed Chicken Drumsticks ● Mashed Potatoes ● Cauliflower ● Whole Wheat Pasta with Marinara Sauce (V)	● Cheese or Pepperoni Pizza ● Meat Stromboli ● Roasted Vegetables ● Vegetable Stromboli (V)		● Grilled Salmon ● Brown Rice ● Sauteed Fresh Spinach ● Vegetable Quesadillas (v)
	● Churros	● Strawberry Whip	● Banana Pudding		● 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.