





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

Week 3

	1/30/10 Saturday	1/31/10 Sunday	2/1/10 Monday	2/2/10 Tuesday	2/3/10 Wednesday	2/4/10 Thursday	2/5/10 Friday
<b>Breakfast</b>							
	Long Weekend	Long Weekend	<ul style="list-style-type: none"> <li>● Biscuits &amp; Gravy</li> <li>● Scrambled Eggs</li> <li>● Bacon</li> <li>● Home Fries</li> <li>● Blueberry Muffins</li> </ul>	<ul style="list-style-type: none"> <li>● Blueberry Pancakes</li> <li>● Cheese Scrambled Eggs</li> <li>● Sausage Patty</li> <li>● Grits</li> <li>● Cranberry Orange Muffins</li> </ul>	<ul style="list-style-type: none"> <li>● Egg &amp; Cheese Muffin</li> <li>● Western Scramble</li> <li>● Canadian Bacon</li> <li>● Hash Brown Patties</li> <li>● Coffee Cake</li> </ul>	<ul style="list-style-type: none"> <li>● Buttermilk Pancakes</li> <li>● Scrambled Eggs</li> <li>● Sausage Links</li> <li>● Grits</li> <li>● Lemon Poppy Seed Muffins</li> </ul>	<ul style="list-style-type: none"> <li>● Breakfast Pizza</li> <li>● Scrambled Eggs</li> <li>● Turkey Sausage</li> <li>● Home Fries</li> <li>● Banana Bread</li> </ul>
<b>Daily Specials</b>							
			<ul style="list-style-type: none"> <li>● Fresh Fruit Salad</li> <li>● Ham Salad</li> </ul>	<ul style="list-style-type: none"> <li>● Caesar Salad</li> <li>● Tarragon Chicken Salad</li> </ul>	<ul style="list-style-type: none"> <li>● Fresh Fruit Salad</li> <li>● Egg Salad</li> </ul>	<ul style="list-style-type: none"> <li>● Italian Pasta Salad</li> <li>● Shrimp Salad</li> </ul>	<ul style="list-style-type: none"> <li>● Tomato Feta Salad</li> <li>● Roasted Garlic Hummus</li> </ul>
			<ul style="list-style-type: none"> <li>● Grilled Chicken Breast</li> <li>● Provolone Cheese</li> </ul>	<ul style="list-style-type: none"> <li>● Roast Turkey Breast</li> <li>● Swiss Cheese</li> </ul>	<ul style="list-style-type: none"> <li>● Roast Beef</li> <li>● Muenster Cheese</li> </ul>	<ul style="list-style-type: none"> <li>● Buffet Ham</li> <li>● Yellow American Cheese</li> </ul>	<ul style="list-style-type: none"> <li>● Roast Turkey Breast</li> <li>● Dill Havarti Cheese</li> </ul>
Vegetarian Soup			<ul style="list-style-type: none"> <li>● Turkey Noodle Soup</li> <li>● Squash Harvest Soup</li> </ul>	<ul style="list-style-type: none"> <li>● Beef &amp; Barley</li> <li>● Carrot &amp; Dill Soup</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Noodle</li> <li>● Creole Soup</li> </ul>	<ul style="list-style-type: none"> <li>● Navy Bean</li> <li>● Broccoli &amp; Cheddar Soup</li> </ul>	<ul style="list-style-type: none"> <li>● Egg Drop Soup</li> <li>● Chicken Noodle</li> </ul>
<b>Lunch</b>							
	Brunch 10:00-11:30	Brunch 10:30 – 12:00	<ul style="list-style-type: none"> <li>● Beef Burritos</li> <li>● Baked Flounder</li> <li>● Mexican Rice</li> <li>● Wilted Spinach and Garlic</li> <li>● Steamed Sweet Corn</li> <li>● Vegetarian Burritos</li> </ul>	<ul style="list-style-type: none"> <li>●●● Soup Day with ●●● All The Fixings Bread Boules, Crackers, French Baguettes</li> <li>●●● Cheese Display with ● Baked Brie</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Philly Cheese Steak</li> <li>● Pub Fried Fish</li> <li>● Curly Fries</li> <li>● Steamed Corn</li> <li>● Confetti Vegetables</li> <li>● Vegetable Pita</li> </ul>	<ul style="list-style-type: none"> <li>● Poached Salmon</li> <li>● Baked Chicken</li> <li>● Roasted Potatoes</li> <li>● Fresh Broccoli</li> <li>● Fresh Green Beans</li> <li>● Grilled Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>● Asian Beef &amp; Broccoli</li> <li>● Sweet &amp; Sour Chicken</li> <li>● Steamed Rice</li> <li>● Steamed Peas</li> <li>● Roasted Mushrooms</li> <li>● Stir Fry Vegetables</li> </ul>
			<ul style="list-style-type: none"> <li>●● Novelty Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>● Yellow Cake</li> </ul>	<ul style="list-style-type: none"> <li>● Fresh Baked Cookies</li> </ul>	<ul style="list-style-type: none"> <li>● Pumpkin Pie</li> </ul>	<ul style="list-style-type: none"> <li>● Frozen Yogurt</li> </ul>
<b>Dinner</b>							
<b>Sunday Night Carving</b>							
	Pasta Station 5:30-6:30	<ul style="list-style-type: none"> <li>● Carved Honey Ham</li> <li>● Pasta Primavera</li> <li>● Roasted Sweet Potatoes</li> <li>● Cinnamon Apples</li> <li>● Roasted Zucchini</li> <li>● Broccoli Casserole</li> <li>● Sunday Sundae Bar</li> </ul>	<ul style="list-style-type: none"> <li>● Mangia! Mangia! Pizza</li> <li>●● Baked Ziti</li> <li>● Bread Sticks</li> <li>● Roasted Carrots</li> <li>● Steamed Peas</li> <li>● Vegetable Pizza</li> <li>● Chocolate Cream Pie</li> </ul>	<ul style="list-style-type: none"> <li>● Spiced Pork Loin</li> <li>● Barbecue Chicken Breast</li> <li>● Rice Pilaf</li> <li>● Stewed Tomatoes &amp; Lentils</li> <li>● Fresh Broccoli &amp; Carrots</li> <li>● Vegetable Fiesta Skillet</li> <li>● Banana Pudding</li> </ul>	<ul style="list-style-type: none"> <li>● Fried Chicken</li> <li>● Baked Tilapia</li> <li>● Garlic Mashed Potatoes</li> <li>● Lima Beans</li> <li>● Steamed Carrots &amp; Peas</li> <li>● Roasted Pepper Biscuits</li> <li>● Devil's Food Cake</li> </ul>	<ul style="list-style-type: none"> <li>● Corned Beef</li> <li>● Pasta Bar</li> <li>● Boiled Parsley Potatoes</li> <li>● Fresh Green Cabbage</li> <li>● Sauerkraut</li> <li>● Grilled Vegetables</li> <li>● Cheesecake</li> </ul>	<ul style="list-style-type: none"> <li>● Meat Lasagna</li> <li>● Tomato Basil Pasta</li> <li>● Garlic Knots</li> <li>● Fresh Steamed Broccoli</li> <li>● Roasted Cauliflower</li> <li>● Cheese Lasagna</li> <li>● Fudge Brownies</li> </ul>

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.