




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

Week 12

	Saturday 3/21/10	Sunday 3/22/10	Monday 3/23/10	Tuesday 3/24/10	Wednesday 3/25/10	Thursday 3/26/10	Friday 3/27/10
<b>Breakfast</b>							
	Spring Break	Spring Break	<ul style="list-style-type: none"> <li>French Toast Sticks</li> <li>Scrambled Eggs</li> <li>Sausage Patty</li> <li>Grits</li> <li>Fresh Cinnamon Rolls</li> </ul>	<ul style="list-style-type: none"> <li>Breakfast Burritos</li> <li>Western Scramble</li> <li>Turkey Sausage</li> <li>Hash Brown Patties</li> <li>Fresh Blueberry Muffins</li> </ul>	<ul style="list-style-type: none"> <li>Apple Pancakes</li> <li>Scrambled Eggs</li> <li>Sausage Links</li> <li>Cheese Grits</li> <li>Chocolate Chunk Muffins</li> </ul>	<ul style="list-style-type: none"> <li>Waffle Bar</li> <li>Cheesy Scramble</li> <li>Bacon</li> <li>Breakfast Potatoes</li> <li>Fresh Scones</li> </ul>	<ul style="list-style-type: none"> <li>Egg &amp; Cheese Bagel</li> <li>Scrambled Eggs</li> <li>Canadian Bacon</li> <li>Grits</li> <li>Coffee Cake</li> </ul>
<b>Daily Specials</b>							
			<ul style="list-style-type: none"> <li>Fresh Fruit Salad</li> <li>Tarragon Chicken Salad</li> </ul>	<ul style="list-style-type: none"> <li>Tomato Mozzarella Basil</li> <li>Turkey Cobb Salad</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Fruit Salad</li> <li>Grilled Salmon Salad</li> </ul>	<ul style="list-style-type: none"> <li>Marinated Vegetables</li> <li>Tuna Salad</li> </ul>	<ul style="list-style-type: none"> <li>Coleslaw</li> <li>Grilled Chicken Salad</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>Cheddar Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Roast Turkey Breast</li> <li>Dill Havarti Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Hard Salami</li> <li>Provolone Cheese</li> </ul>
	Vegetarian Soup		<ul style="list-style-type: none"> <li>Turkey Noodle Soup</li> <li>Pumpkin Bisque</li> </ul>	<ul style="list-style-type: none"> <li>Beef &amp; Barley Soup</li> <li>Corn Chowder</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Tortellini Soup</li> <li>Miso Soup</li> </ul>	<ul style="list-style-type: none"> <li>Seafood Bisque</li> <li>Vegetable Soup</li> </ul>	<ul style="list-style-type: none"> <li>Chicken &amp; Rice Soup</li> <li>Tomato Basil Soup</li> </ul>
<b>Lunch</b>							
		<b>Sandwiches to go</b>		<b>Educational Seasoning</b>			
	Spring Break	Cold Sandwiches 12 pm to 1pm	<ul style="list-style-type: none"> <li>Barbecue Wings</li> <li>Cheese Manicotti</li> <li>Lyonnais Potatoes</li> <li>Steamed Broccoli</li> <li>Grilled Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Soft Beef Tacos</li> <li>Chicken Fajitas</li> <li>Mexican Rice</li> <li>Roasted Zucchini</li> <li>Corn</li> <li>Chips &amp; Salsa</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Casserole</li> <li>Baked Salmon</li> <li>Roasted Potatoes</li> <li>Confetti Vegetables</li> <li>Green Beans Sauté</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Tenders</li> <li>All Beef Hot Dogs</li> <li>French Fries</li> <li>Steamed Garden Peas</li> <li>Fresh Steamed Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>Pulled Pork Sandwich</li> <li>Fried Catfish</li> <li>Baked Beans</li> <li>Turnip Greens</li> <li>Steamed Sweet Corn</li> </ul>
Vegetarian Entrée			<ul style="list-style-type: none"> <li>Hush Puppies</li> </ul>	<ul style="list-style-type: none"> <li>Vegetarian Refried Beans</li> </ul>	<ul style="list-style-type: none"> <li>Seasoned Lentils</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable Burgers</li> </ul>	<ul style="list-style-type: none"> <li>Pan Fried Polenta</li> </ul>
				<ul style="list-style-type: none"> <li>Paco's Taco Bar</li> </ul>		<ul style="list-style-type: none"> <li>Ball Park Toppings Bar</li> </ul>	
			<ul style="list-style-type: none"> <li>Novelty Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>Fudge Brownies</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>Monkey Bars</li> </ul>
<b>Dinner</b>							
		<b>Sunday Night Carving</b>					
	Spring Break	<ul style="list-style-type: none"> <li>Carved Roast Pork Loin</li> <li>Blackened Tuna</li> <li>Cranberry Fruit Chutney</li> <li>Rice Pilaf</li> <li>Roasted Zucchini</li> <li>Steamed Green Beans</li> <li>Eggplant Parmesan</li> </ul>	<ul style="list-style-type: none"> <li>Pot Roast</li> <li>Shrimp Scampi</li> <li>Mashed Potatoes</li> <li>Fresh Carrots &amp; Onions</li> <li>Seasoned Lima Beans</li> <li>Curry Couscous</li> </ul>	<ul style="list-style-type: none"> <li>Mangia! Mangia! Calzones</li> <li>Baked Tilapia</li> <li>Combread</li> <li>Roasted Tomatoes</li> <li>Succotash</li> <li>Cheese Quesadilla</li> </ul>	<ul style="list-style-type: none"> <li>Baked Chicken Breast</li> <li>Pasta Bar</li> <li>Garlic Knots</li> <li>Lima Beans</li> <li>Bok Choy</li> <li>Tofu Stir Fry</li> </ul>	<ul style="list-style-type: none"> <li>Ginger Beef</li> <li>Sweet &amp; Sour Chicken</li> <li>Steamed Brown Rice</li> <li>Steamed Corn</li> <li>Snow Peas</li> <li>Vegetable Egg Rolls</li> </ul>	<ul style="list-style-type: none"> <li>Baked Ziti</li> <li>Philly Cheese Steak</li> <li>Onion Rings</li> <li>Sautéed Peppers and Onions</li> <li>Roasted Cauliflower</li> <li>Portobello Burgers</li> </ul>
Vegetarian Entrée		<ul style="list-style-type: none"> <li>Chocolate Cake</li> </ul>	<ul style="list-style-type: none"> <li>Blondie Bars with Chocolate Chips</li> </ul>	<ul style="list-style-type: none"> <li>Coconut Cream Pie</li> </ul>	<ul style="list-style-type: none"> <li>Pudding Parfaits</li> </ul>	<ul style="list-style-type: none"> <li>Rice Krispy Treats</li> </ul>	<ul style="list-style-type: none"> <li>Pound Cake</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.