



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

Winter Cycle Week One

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast							
			<ul style="list-style-type: none"> • Crisp Bacon • Scrambled Eggs • Home Fries • Blueberry Pancakes • Banana Bread 	<ul style="list-style-type: none"> • Turkey Sausage Links • Scrambled Eggs • Skillet Potatoes • Waffles • Blueberry Muffins 	<ul style="list-style-type: none"> • Canadian Bacon • Scrambled Eggs • Hash Browns • Texas Toast • Cinnamon Rolls 	<ul style="list-style-type: none"> • Corned Beef Hash • Scrambled Eggs • O'Brien Potatoes • Pancakes • Cheese Danish 	<ul style="list-style-type: none"> • Sausage Patties • Scrambled Eggs • Home-Fries • Raisin French Toast • Eggs to Order
Daily Specials							
	• Tomato & Mozzarella Salad	• Antipasto Salad	• Broccoli Slaw	• Red Bliss Potato Salad	• Caesar Salad	• Tortellini Salad	• Mango & Black Bean Salsa
	• Jumbo Pepperoni	• Black Forest Ham	• Swiss Cheese	• Turkey Pastrami	• Roasted Portabella Mushrooms	• Italian Marinated Chicken Breast	• Seafood Salad
	<ul style="list-style-type: none"> • Split Pea with Ham • Vegetable Barley 	<ul style="list-style-type: none"> • Stracciatella • Spinach Lentil 	<ul style="list-style-type: none"> • Chicken Noodle • Pumpkin Bisque 	<ul style="list-style-type: none"> • Polish Cabbage & Ham • Potato & Leek 	<ul style="list-style-type: none"> • Beef Barley • Cream of Mushroom 	<ul style="list-style-type: none"> • Italian Wedding Soup • Tomato Bisque 	<ul style="list-style-type: none"> • New England Clam Chowder • Minestrone
Lunch							
	<ul style="list-style-type: none"> • Sausage Links • Scrambled Eggs • O'Brien Potatoes • Apple Pancakes • Mexican Frittata 	<ul style="list-style-type: none"> • Sliced Ham • Scrambled Eggs • Roasted Potatoes • Whole Wheat French Toast • Cheese Strata 	<ul style="list-style-type: none"> • Turkey Sloppy Joes • French Fries • Sautéed Zucchini • Steamed Carrots • Spinach Lasagna 	<ul style="list-style-type: none"> • Chicken Tikka Masala • Basmati Rice • Green Beans • Cherry Tomatoes & Mushrooms • Curried Vegetable Stew 	<ul style="list-style-type: none"> • Meatloaf • Mashed Potatoes • Buttered Corn • Roasted Eggplant • Tofu Stir-fry 	<ul style="list-style-type: none"> • BBQ Pulled Pork • Roasted Hand-cut Potato Wedges • Steamed Broccoli • Butternut Squash • Vegetarian Chow Mein 	<ul style="list-style-type: none"> • Butter Crumb Baked Fish • Rice Pilaf • Glazed Carrots • Sautéed Spinach • Rotini Primavera
			• Chocolate Cookies	• Devils Food Cake	• Confetti Cake	• Fudge Brownies	• Ice Cream Novelties
Dinner							
	<ul style="list-style-type: none"> • Buffalo Wings • Roasted Hand-cut Potato Wedges • Steamed Broccoli • Vegetarian Burrito 	<p>Family Style Dinner</p> <p>INDIAN NIGHT</p>	<ul style="list-style-type: none"> • Herb Crusted Pork Loin Chops • Rice Pilaf • Brussels Sprouts • Cheese Quesadilla 	<ul style="list-style-type: none"> • Steak Au Poirve • Roasted Potatoes • Napa Cabbage • Vegetable Lo Mein 	<ul style="list-style-type: none"> • Bratwurst with Sauerkraut • Buttered Noodles • Glazed Carrots • Macaroni & Cheese 	<ul style="list-style-type: none"> • Chicken Marsala • Brown Rice • Sautéed Summer Squash • Stuffed Zucchini 	<p>Fast Friday Grab & Go Dinner</p> <ul style="list-style-type: none"> • Pepperoni Pizza • Cheese Pizza • Vegetable Pizza with Whole Wheat Crust
	• Oreo Cheesecake Bars	• Cherry Pie	• Pumpkin Cake	• Apple Crisp	• Cranberry Oatmeal Bars	• Chocolate Chip Bars	• Ice Cream Novelties

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.