



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

Winter Cycle Week Four

| | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------|--|--|---|---|--|---|--|
| Breakfast | | | | | | | |
| | | | <ul style="list-style-type: none"> Sausage Links Scrambled Eggs O'Brien Potatoes Waffles Morning Glory Muffins | <ul style="list-style-type: none"> Corned Beef Hash Scrambled Eggs Skillet Potatoes Raisin French Toast Cinnamon Strudel | <ul style="list-style-type: none"> Canadian Bacon Scrambled Eggs Hash Browns Berry Pancakes Corn Muffin | <ul style="list-style-type: none"> Sausage Patties Scrambled Eggs Potato Cakes Chocolate Chip Pancakes Eggs to Order | <ul style="list-style-type: none"> Crisp Bacon Scrambled Eggs Home Fries Blueberry Waffles Raspberry Danish |
| Daily Specials | | | | | | | |
| | <ul style="list-style-type: none"> Jicama Slaw | <ul style="list-style-type: none"> Bacon Spinach Salad | <ul style="list-style-type: none"> Marinated Vegetable Salad | <ul style="list-style-type: none"> Dilled Potato Salad | <ul style="list-style-type: none"> Asian Noodle Salad | <ul style="list-style-type: none"> Pico de Gallo | <ul style="list-style-type: none"> Mediterranean Couscous Salad |
| | <ul style="list-style-type: none"> Apple Wood Smoked Ham | <ul style="list-style-type: none"> Italian Style Roast Turkey Breast | <ul style="list-style-type: none"> Curried Chicken Salad | <ul style="list-style-type: none"> Grilled Zucchini & Summer Squash | <ul style="list-style-type: none"> Muenster Cheese | <ul style="list-style-type: none"> Pastrami | <ul style="list-style-type: none"> Crab Salad |
| Vegetarian Soup | <ul style="list-style-type: none"> Gumbo Egg Drop | <ul style="list-style-type: none"> Chicken & Sausage Minestrone Apple Curry Soup | <ul style="list-style-type: none"> Chicken & Rice Creamy Spinach | <ul style="list-style-type: none"> Creamy Beef & Potato Hot & Sour Soup | <ul style="list-style-type: none"> Split Pea with Ham Apple Carrot | <ul style="list-style-type: none"> Turkey Tortilla Soup Tomato Garbanzo | <ul style="list-style-type: none"> Corn Chowder Vegetable Orzo |
| Lunch | | | | | | | |
| Vegetarian Entrée | <ul style="list-style-type: none"> Crisp Bacon Scrambled Eggs Roasted Potatoes Bacon & Cheese Strudel | <ul style="list-style-type: none"> Sliced Ham Scrambled Eggs Home Fries Pancakes Baked Ziti | <ul style="list-style-type: none"> Beef Stew Steamed Rice Roasted Acorn Squash Sautéed Zucchini | <ul style="list-style-type: none"> General Tso's Chicken Roasted Potatoes Roasted Root Vegetables Snap Peas | <ul style="list-style-type: none"> American Chop Suey Mashed Sweet Potatoes Steamed Cauliflower Brussels Sprouts | <ul style="list-style-type: none"> Meatball Sandwich French Fries Mashed Turnips & Carrots Steamed Broccoli | <ul style="list-style-type: none"> Cornmeal Crusted Catfish Hand-cut Potato Wedges Sautéed Squash Stewed Okra |
| | | | <ul style="list-style-type: none"> Chocolate Chip Cake | <ul style="list-style-type: none"> Oatmeal Raisin Bars | <ul style="list-style-type: none"> Triple Chocolate Cookies | <ul style="list-style-type: none"> Gingerbread Cookies | <ul style="list-style-type: none"> Ice Cream Novelties |
| Dinner | | | | | | | |
| Vegetarian Entrée | <ul style="list-style-type: none"> Chicken Parmigiana Linguine Sweet Peas & Pearl Onions Vegetable Lasagna | <p>Family Style Dinner</p> <p>ASIAN NIGHT</p> | <ul style="list-style-type: none"> Pasta Carbonara Garlic Bread Sticks Spaghetti Squash Sun-dried Tomato Tart | <ul style="list-style-type: none"> Beef & Broccoli Steamed Rice Steamed Carrots Orange Vegetable Stir-fry | <ul style="list-style-type: none"> Pork Loin & Green Chili Stew Rice & Beans Steamed Corn Corn Quesadillas | <ul style="list-style-type: none"> Fried Chicken Mashed Potatoes Steamed Green Beans Black-eyed Pea Stew | <ul style="list-style-type: none"> Philly Steak Sandwich with Cheese French Fries Squash Medley Grilled Vegetable Sandwich |
| | <ul style="list-style-type: none"> Apple Spice Cake | <ul style="list-style-type: none"> Pumpkin Pie | <ul style="list-style-type: none"> Orange Chiffon Cake | <ul style="list-style-type: none"> Carrot Raisin Cake | <ul style="list-style-type: none"> Berry Peach Crisp | <ul style="list-style-type: none"> Cinnamon Rolls | <ul style="list-style-type: none"> 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.