



STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

September Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
8/31/09	9/1/09	9/2/09	9/3/09	9/4/09
	<ul style="list-style-type: none"> Vegetable Soup Broccoli Salad Ham / Corn Beef / Turkey Corn dogs French Bread Pizza Chips Turnip Greens Glazed Carrots Pasta Bar Assorted Fresh Fruit Chocolate chipr Cookies 	<ul style="list-style-type: none"> Cream of Broccoli Soup Chicken Salad Roast Beef / Ham / Turkey Frito Pie Baked Fish Oven Brown potaroes Sauteed Spinash Pinto Beans Pasta Bar Assorted Fresh Fruit Apple Pie 	<ul style="list-style-type: none"> French Onion Soup Ham Salad Bologna / Ham / Turkey Meat Loaf B.B.Q. Chicken Legs Mashed Potatoes Peas & Carrots Fried Okra Pasta Bar Assorted Fresh Fruit Yellow Cake 	<ul style="list-style-type: none"> Beef Vegetable Soup Marinated Vegetable Sald Turkey /Ham / Bologna Pattie Melt Broccoli Quiche Tator Tots Cut Corn Squash Medley Nacho Bar Assorted Fresh Fruit Orange chafon Cake
9/7/09	9/8/09	9/9/09	9/10/09	9/11/09
No School	<ul style="list-style-type: none"> Tomatoe Soup Carrot Salad Bologna / Ham / Turkey Grilled Cheese Cat Fish Strips Corn Chips Steamed Broccoli Buttered Carrots Pasta Bar Assorted Fresh Fruit Jell-o Cake 	<ul style="list-style-type: none"> Ham an Navy Bean Soup Chicken Salad Turkey / Han / Bologna Philly Style chicken Cheese Vegetable Stromboli Quriley Fries Green Beans Brussel Sprouts Pasta Bar Assorted Fresh Fruit Peach Crisp 	<ul style="list-style-type: none"> Vegetable Soup Ham Salad Turkey / Bologna / Ham COOK OUT Burgers Hot Dogs Baked Beans Corn On Cob Cole Slaw an Potatoe Salad Assorted Fresh Fruit Cookies 	<ul style="list-style-type: none"> Beef Barley Soup Tri Color Pasta Turkey,Ham, Bologna New Orleans Style Ham, Turkey an Cheese Sandwich B.B.Q. Chicken Garlic Roasted Potatoes Squash Medley Cream Corn Whate Cake
9/14/09	9/15/09	9/16/09	9/17/09	9/18/09
<ul style="list-style-type: none"> Six Bean soup Cucumber Tomato Salad Ham • Bologna • Turkey Grilled Chicken Breast Stuffed Manicotti shells Peas Sautted Squash Yellow Rice Assorted Fresh Fruit Chocolate Chip Cookies 	<ul style="list-style-type: none"> Chicken Noodle Soup Pasta Salad Turkey • Corn Beef • Ham Dog on Chicken Baked Fish Scalloped Potatoes Sauteed Spinash Corn Assorted Fresh Fruit Cherry Crisp 	<ul style="list-style-type: none"> Vegetable Soup Chicken Salad Grilled Burgers Turkey Roll Ups French Fries Squash Medley Glazed Carrots Fresh baked Cookies Assorted Fresh Fruit 	<ul style="list-style-type: none"> Chicken Rice Soup Carrot Salad Ham • Turkey • Bologna Chicken Patty Vegetable Egg Rolls Green Peas Steamed Cauliflower Yellow Cake Assorted Fresh Fruit 	<ul style="list-style-type: none"> Grits Tri Color Pasta Salad French Toast Sticks Cheese Omelet Biscuit Gravy Hash Broen Sausage Links Blue Berry Muffins Assorted Fresh Fruit
9/21/09	9/22/09	9/23/09	9/24/09	9/25/09
<ul style="list-style-type: none"> Jumbalaya Soup Ham Turkey Roast Beef Stuffed Bell Peppers Grilled Chicken Breast Sceloped Potatoes Corn Sauteed Spinash Pasta Bar Assorted Fresh Fruit Assorted Cream Pies 	<ul style="list-style-type: none"> Beef Noodle Soup Turkey Ham Bologna Dog on Cchicken Salmon With Dill Sauce Patoe Wedges Green Beans Steamed Cabbage Pasta Bar Assorted Fresh Fruit Brownies 	<ul style="list-style-type: none"> Vegetable Soup Ham Salami Turkey Chicken Salad Grilled Burgers Turkey Roll Ups Fries Glazed Baby Beats okra an tomatoes Pasta Bar Assorted Fresh Fruit Yellow Cake 	<ul style="list-style-type: none"> Chicken Rice Soup Turkey Corn Beef Ham Sea Food Salad Salisbury Steak Chicken Pattie Oven Brown Potatoes Creamed Spinash Assorted Fresh Fruit Chocolate Cake 	<ul style="list-style-type: none"> Turkey Rice Soup Cole Slaw Turkey Ham Bologna Roast Pork Fish Sandwich Rice Steamed Broccoli Lima Beans Assorted Fresh Fruit 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, mad-from-scratch salad dressings along with traditional favorites

At The Classic Cuts Deli* bar, a variety of chesses, ham, turkey, and deli salads are freshly prepared each day. Students can create their own favorite sandwich

V - denotes our daily vegetarian soup and entree. Numerous vegetarian offerings are served throughout the dining hall.

The monthly 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.