



STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

March Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3/2/09 <ul style="list-style-type: none"> ● Vegetable Soup ● Tri Color Pasta Salad ● Turkey / Ham / Bologna ● Chicken Drumsticks ● Baked Fish ● Roasted Red Skin Potatoes ● Corn ● Squash Medley ● Assorted Fresh Fruit ● Asngel Food Cake 	3/3/09 <ul style="list-style-type: none"> ● Potatoe Corn Chowder ● Crab Salad ● Ham / Corn Beef / Turkey ● Caesar salad Wrap ● Roaste Turkey ● Mashed Potatoes ● Green Beans ● Glazed Carrots ● Assorted Fresh Fruit ● Sugar Cookies 	3/4/09 <ul style="list-style-type: none"> ● Vegetable Barley Soup ● Chicken Salad ● Roast Beef / Ham / Turkey ● B.B.Q. Meat Balls ● Baked Chicken ● Fries ● Steamed Broccoli ● Cut Corn ● Assorted Fresh Fruit ● Yellow Cake 	3/5/09 <ul style="list-style-type: none"> ● Chicken Rice ● Ham Salad ● Bologna / Ham / Turkey ● Sweet An Sour Chicken ● Stuffed Squash ● White Rice ● Peas & Carrotts ● Cauiflower ● Assorted Fresh Fruit ● Cheese Cake 	3/6/09 <ul style="list-style-type: none"> ● Beef Vegetable Soup ● Cole Slaw ● Turkey /Ham / Bologna ● Grilled Hot Dogs ● Vegetable Quiche ● Oven Brown Potatoes ● Spinach ● Vegetables ● Assorted Fresh Fruit ● Chocolate Chip Cookies
3/9/09 <ul style="list-style-type: none"> ● Chicken Noodle Soup ● Macaroni Salad ● Roast Beef / Ham / Turkey ● Chicken an CheeseEnchildas ● Beef Fajita ● Tex Mex Rice ● Turnip Greens ● Cream Corn ● Assorted Fresh Fruit ● Chocolate Cake 	3/10/09 <ul style="list-style-type: none"> ● Barley Mushroom Soup ● Carrot Salad ● Bologna / Ham / Turkey ● Grilled Burgers ● Cat Fish Strips ● Roasted Red Skin Potatoes ● Green Beans ● Stir Fry Vegetables ● Assorted Fresh Fruit ● Chocolate Pudding 	3/11/09 <ul style="list-style-type: none"> ● Cream Of Chicken Soup ● Chicken Salad ● Turkey / Han / Bologna ● Pizza ● Grilled Chicken Breast ● Q Fries ● Okra An Tomatoes ● Broccoli ● Assorted Fresh Fruit ● Peach Crisp 	3/12/09 <ul style="list-style-type: none"> ● St. Patricks Day ● Ham Salad ● Turkey / Bologna / Ham ● Shepherds pie ● Corn Beef An Cabbage ● Beef Stew Over Biscuit ● Boild New Potatoes ● Irish Soda Bread ● Assorted Fresh Fruit ● Brownies 	3/13/09 <ul style="list-style-type: none"> ● NO SCHOOL NO School
3/16/09 <ul style="list-style-type: none"> ● Six Bean Soup ● Cucumber Tomato Salad ● Roast Beef / Ham / Turkey ● Grilled Burgers ● Herb Chicken ● Corn Chips ● Peas ● Carrots ● Assorted Fresh Fruit ● Vanilla Pudding 	3/17/09 <ul style="list-style-type: none"> ● Vegetable Soup ● sesame Noodle Salad ● Corn Beef / Turkey / Ham ● Roast Beef ● Frito Pie ● Yellow Rrce ● Steamed Cabbage ● Corn ● Assorted Fresh Fruit ● Chocolate Chip Cookies 	3/18/09 <ul style="list-style-type: none"> ● Cream Of Broccoli Soup ● Other Soup ● Tri Color Pasta ● Ham / Turkey / Bologna ● Turkey An Dressing ● Vegetable Wrap ● Yams ● Cut Corn ● Mixed Vegetables ● Assorted Fresh Fruit ● Pound Cake 	3/19/09 <ul style="list-style-type: none"> ● French Onion Soup ● Chicken Salad ● Turkey / Ham /Bologna ● Ham Steaks ● Chicken Pastry ● French Fries ● Green Beans ● Assorted Fresh Fruit ● Glazed Baby Beats ● Yellow Cake 	3/20/09 <ul style="list-style-type: none"> ● Grits ● Marinated Vegetable Salad ● Turkey / Ham Bologna ● Cheese Omelet ● French Toast Sticks ● Hash Browns ● Gravy Biscuit ● Sausage Links ● Assorted Fresh Fruit ● Coffee Cake
3/23/09 <ul style="list-style-type: none"> ● Beef Noodle Soup ● Ham Turkey Roast Beef ● Pacos Taco Bar ● Turkey Roll Ups ● Tex Mex Rice ● Steamed Broccoli ● Assorted Fresh Fruit ● Chocolate Cake 	3/24/09 <ul style="list-style-type: none"> ● Minestrone ● Turkey Ham Bologna ● Teriyaki Chicken ● French Bread Pizza ● Garlic Roasted Potatoe ● Mixed Vegetables ● Assorted Fresh Fruit ● Banana Pudding 	3/25/09 <ul style="list-style-type: none"> ● Ham & Navy Bean Soup ● Ham Salami Turkey ● Cucumber Salad ● Fish Sandwich ● Salabury Steak ● Fries ● Peas An Carrots ● Steamed Cabbage ● Yellow Cake ● Assorted FreshnFruit 	3/26/09 <ul style="list-style-type: none"> ● Tomato Soup ● Turkey Corn Beef Ham ● Sea Food Salad ● Chicken Parmesan ● Stuffed Squash ● Boiled New Potatoes ● Trunip Greens ● Assorted Fresh Fruit ● Cherry Crisp 	3/2709 <ul style="list-style-type: none"> ● Turkey Rice Soup ● Cole Slaw ● Turkey Ham Bologna ● Corn Dogs ● Macaroni an Cheese ● Oven Brown Potatoes ● Sauteed Spinach ● Assorted Fresh Fruit ● Marbel Cake



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.

