



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

February 6th- February 12th

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast							
	<ul style="list-style-type: none"> ● Scrambled Eggs ● Cheesy Eggs ● Crispy Bacon ● Grilled Sausage ● Hash Browns 	<ul style="list-style-type: none"> ● Scrambled Eggs ● Cheesy Eggs ● Crispy Bacon ● Grilled Sausage ● Potato Frittes 	<ul style="list-style-type: none"> ● Scrambled Eggs ● Buttermilk Pancakes ● Grilled Sausage 	<ul style="list-style-type: none"> ● Scrambled Eggs ● French Toast ● Crispy Bacon 	<ul style="list-style-type: none"> ● Scrambled Eggs ● Potatoes O' Brien ● Baked Ham 	<ul style="list-style-type: none"> ● Cheesy Eggs ● Blueberry Pancakes ● Grilled Sausage 	<ul style="list-style-type: none"> ● Scrambled Eggs ● Buttermilk Biscuit ● Sausage Gravy ● Crispy Bacon
Daily Specials							
	● Tossed Salad	● Tossed Salad					
	● Honey Baked Ham	● Smoked Turkey Breast					
			● French Onion Soup	● Tomato Florentine Soup	● Roasted Red Pepper Soup	● Vegetarian 3 Bean & Tomato Chili	● New England Clam Chowder
Lunch							
	<ul style="list-style-type: none"> ● Penne Alfredo ● Grilled Chicken Breast ● Steamed Broccoli ● Carrots ● Waffle Station 	<ul style="list-style-type: none"> ● Omelette Bar ● Herb Roasted Pork Loin ● Sautéed Squash with Red Onions ● Waffle Station 	<ul style="list-style-type: none"> ● Build Your Own Burger Bar ● Grilled Chicken Breast ● Steak Fries ● Steamed Green Beans ● Sautéed Mushrooms & Onions 	<ul style="list-style-type: none"> ● Chicken Fajitas with Onions & Peppers ● Beef Soft Tacos ● Spanish Rice ● Mexican Corn ● Steamed Carrots 	<ul style="list-style-type: none"> ● Pasta Bar ● Penne, Spaghetti or Gemelli with ● Marinara, ● Alfredo or ● Meat Sauce ● Steamed Broccoli ● Balsamic Glazed Vegetables 	<ul style="list-style-type: none"> ● St. Louis Chopped Chicken Breast ● Carolina Pulled Pork Sandwich ● BBQ Baked Beans ● Coleslaw ● Fresh Vegetable Medley ● Penne with Marinara Sauce 	<ul style="list-style-type: none"> ● Boston Baked Scrod ● Dijon Pork Loin with Mustard Sauce ● Wild Rice Pilaf ● Steamed Spinach ● Broiled Tomatoes
	● Assorted Cookies	● Assorted Cookies	● Caramel Brownies	● Sugar Cookies	● New York Cheesecake	● Peach Cobbler	● Chocolate Chip Cookie
Dinner							
	<ul style="list-style-type: none"> ● Italian Sausage Hoagie ● American Chop Suey ● Sautéed Onions & Peppers ● Corn & Red Peppers 	<ul style="list-style-type: none"> ● Beef & Bean Burritos ● Chicken Quesadilla ● Broccoli with Cheese ● Steamed Green Peas 	<ul style="list-style-type: none"> ● Cranberry & Sage Stuffed Chicken Breast ● Roast Pork Loin with Apples ● Oven Roasted Rosemary Potatoes ● Candied Yams ● Steamed Brussels Sprouts 	<ul style="list-style-type: none"> ● Chicken Parmesan ● Eggplant Parmesan ● Spaghetti with Marinara Sauce ● Fresh Vegetable Medley ● Baby Carrots with Fresh Parsley 	<ul style="list-style-type: none"> ● Thai Pork with Chili Jam ● Shrimp Stir-Fry ● Jasmine Rice ● Spaghetti with Marinara Sauce ● Steamed Green Beans 	<ul style="list-style-type: none"> ● Balsamic Chicken Breast ● Beef Pot Roast ● Roasted Garlic Mashed Potatoes ● Cauliflower with Cheese ● Steamed Corn 	<ul style="list-style-type: none"> ● Fried Chicken ● Popcorn Shrimp ● Mustard Potato Salad ● Corn on the Cob ● Grilled Zucchini
	● Ice Cream	● Ice Cream	● Caramel Brownies	● Sugar Cookies	● Toasted Coconut Vanilla Pudding	● Peach Cobbler	● Chocolate Chip Cookies

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.