



**STOP**  
think about eating a smaller portion

**SLOW**  
balance your meal with green choices

**GO**  
eat all you want!

Lunch Menu

	March 1st Monday (Meat)	March 2nd Tuesday (Dairy)	March 3rd Wednesday (Dairy)	March 4th Thursday (Dairy)	March 5th Friday (Meat)
	● Chicken Noodle Soup	● Cream of Broccoli Soup	● Split Pea Soup	● Vegetarian Tortilla Soup	● Beef Chili with Beans
	● Salad Bar ● Egg Salad ● Potato Salad ● Fresh Whole & Cut Fruit	● Salad Bar ● Tuna Salad ● Spinach Pasta Salad ● Fresh Whole & Cut Fruit	● Salad Bar ● Tuna Salad ● Marinated Vegetable Salad ● Fresh Whole & Cut Fruit	● Salad Bar ● Tuna Salad ● Macaroni Salad ● Fresh Whole & Cut Fruit	● Salad Bar ● Egg Salad ● Coleslaw ● Fresh Whole & Cut Fruit
	● Sliced Deli Meat ● Assorted Breads ● Peanut Butter /Jelly	● Sliced Cheeses ● Assorted Breads ● Peanut Butter /Jelly	● Sliced Cheeses ● Assorted Breads ● Peanut Butter /Jelly ● Bagels & ● Cream Cheese	● Sliced Cheeses ● Assorted Breads ● Peanut Butter /Jelly	● Sliced Deli Meat ● Assorted Breads ● Peanut Butter /Jelly
	● Salisbury Steak ● Egg Noodles ● Sautéed Mushrooms ● Garlic Herb Peas	● Cheese Pizza ● Sautéed Zucchini ● Roasted Tomatoes with Fresh Basil	● Whole Wheat Fettuccine ● Creamy Alfredo Sauce ● Marinara Sauce ● Fresh Green Beans	● Cheese Enchiladas ● Mexican Rice ● Sautéed Peppers & Onions ● Steamed Carrots	● Hot Dogs ● Potato Chips ● Mixed Vegetables ● Steamed Edamame
Vegetarian Entrée	● Whole Wheat Falafel Pita	● Vegetable Pizza	● Vegetable Polenta	● Whole Wheat Bean Burrito	● Vegetable Paella
			● Low Fat Frozen Yogurt with toppings		
	Apple and Orange Juice Raspberry Lemonade Lemonade Water	Skim Milk 2% Reduced Fat Milk Apple and Orange Juice Lemonade Water	Skim Milk 2% Reduced Fat Milk Apple and Orange Juice Lemonade Water	Skim Milk 2% Reduced Fat Milk Apple and Orange Juice Lemonade Water	Apple and Orange Juice Raspberry Lemonade Lemonade Water
<b>Preschool</b>	● Peanut Butter Pita ● Egg Noodles ● Vegetables ● Fruit Apple Juice	● Cheese Pizza ● Vegetables ● Fruit 2% Reduced Fat Milk	● Whole Wheat Pasta & Marinara ● Vegetables ● Fruit ● Rainbow Sherbet 2% Reduced Fat Milk	● Cheese Quesadillas ● Vegetables ● Fruit 2% Reduced Fat Milk	● Hot Dogs ● Vegetables ● Fruit Apple Juice

- Sage Signature Service® Spotlight Dot Colors have been reviewed by Sage's Registered Dietitians for accuracy.
- The proceeding menu is based on a four-week Master Cycle Menu. The Master Cycle Menu is available through your Food Service Director.
- The Dr. Miriam and Sheldon G. Adelson Educational Campus is an Orthodox kosher facility.