

The Dr. Miriam and Sheldon G. Adelson Educational Campus









**STOP**  
think about eating a smaller portion

**SLOW**  
balance your meal with green choices

**GO**  
eat all you want!

Weekly Lunch Menu February 20-24, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> <li>• Chicken Alphabet Soup</li> <li>• White Bean &amp; Kale Soup</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato Soup</li> <li>• Vegetarian Tortilla Stew</li> </ul>	<ul style="list-style-type: none"> <li>• Cream of Broccoli Soup</li> <li>• Stewed Okra &amp; Tomatoes</li> </ul>	<b>ALL-SCHOOL PICNIC DAY LOWER SCHOOL GYM</b>
		<ul style="list-style-type: none"> <li>• Salad Bar</li> <li>• Curried Brown Rice Salad</li> <li>• Garbanzo &amp; Cucumber Salad</li> <li>• Potato Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Salad Bar</li> <li>• Fruity Couscous Salad</li> <li>• Mediterranean Pea Salad</li> <li>• Hearts of Palm Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Salad Bar</li> <li>• Bulgur Wheat with Roasted Vegetable Salad</li> <li>• Fennel &amp; Orange Salad</li> <li>• Gazpacho Pasta Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Green Salad</li> <li>• Coleslaw</li> </ul>
		<ul style="list-style-type: none"> <li>• Egg Salad</li> <li>• Bologna</li> <li>• Salami</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna Salad</li> <li>• Cheddar Cheese</li> <li>• Pepper Jack Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna Salad</li> <li>• Cheddar Cheese</li> <li>• Muenster Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna Sandwiches</li> <li>• Cheese Sandwiches</li> <li>• Peanut Butter Sandwiches</li> </ul>
		<ul style="list-style-type: none"> <li>• Whole Wheat Spaghetti</li> <li>• Meat Sauce</li> <li>• Marinara Sauce</li> <li>• Chicken Salad Wrap</li> <li>• Garlic Bread</li> <li>• Sauteed Squash Medley</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Wheat Toasted Cheese Sandwich</li> <li>• Whole Wheat Tuna Melt</li> <li>• Greek Bow-Tie Pasta</li> <li>• Honey Glazed Carrots</li> <li>• Fresh Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Wasabi Lemon Crusted Tilapia</li> <li>• Baked Fish Sticks</li> <li>• Orzo Pilaf</li> <li>• Cabbage &amp; Apple Saute</li> <li>• Steamed Baby Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Eggplant Pasta Bake</li> <li>• Vegetable Sticks</li> </ul>
		<ul style="list-style-type: none"> <li>• Fresh-Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh-Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Birthday Cake</li> <li>• Fresh-Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Ice Cream Bars</li> <li>• Fresh-Cut Fruit</li> </ul>
		<ul style="list-style-type: none"> <li>• Spa Water</li> <li>• 100% Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Skim Milk</li> <li>• 2% Milk</li> <li>• Spa Water</li> <li>• 100% Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Skim Milk</li> <li>• 2% Milk</li> <li>• Spa Water</li> <li>• 100% Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Skim Milk</li> <li>• 2% Milk</li> <li>• Spa Water</li> <li>• 100% Fruit Juice</li> </ul>
<b>Preschool</b>		<ul style="list-style-type: none"> <li>• Spaghetti &amp; Meat Sauce</li> <li>• Vegetables</li> <li>• Fruit</li> <li>• Egg Salad Sandwiches</li> <li>• 100% Apple Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Toasted Cheese on Whole Wheat</li> <li>• Vegetables</li> <li>• Fruit</li> <li>• Jelly Sandwiches</li> <li>• 2% Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Fish Sticks</li> <li>• Vegetables</li> <li>• Fruit</li> <li>• Birthday Cake</li> <li>• Cheese Sandwiches</li> <li>• 2% Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Vegetables</li> <li>• Fruit</li> <li>• Jelly Sandwiches</li> <li>• 2% Milk</li> </ul>

SAGE Signature Service® Spotlight Dot Colors have been reviewed by SAGE's Registered Dietitians for accuracy. The 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 a Glatt Kosher facility.