






**STOP**  
think about eating a smaller portion

**SLOW**  
balance your meal with green choices

**GO**  
eat all you want!

Summer Camp Menu

June 28 to July 2 (Week 2)

	06/28/10	06/29/10	06/30/10	07/01/10	07/02/10
	<ul style="list-style-type: none"> <li>● Salad Bar</li> <li>● Tuna Salad</li> </ul>	<ul style="list-style-type: none"> <li>● Salad Bar</li> <li>● Tuna Salad</li> </ul>	<ul style="list-style-type: none"> <li>● Salad Bar</li> <li>● Tuna Salad</li> </ul>	<ul style="list-style-type: none"> <li>● Salad Bar</li> <li>● Tuna Salad</li> </ul>	<ul style="list-style-type: none"> <li>● Salad Bar</li> <li>● Tuna Salad</li> </ul>
	<ul style="list-style-type: none"> <li>● Cheese, Pepperoni, or Vegetable Pizza</li> <li>● Fresh Zucchini and Summer Squash</li> <li>● Peanut Butter and Jelly, Jelly, or Peanut Butter Sandwiches</li> </ul>	<ul style="list-style-type: none"> <li>● Hot Dogs</li> <li>● Potato Chips</li> <li>● Celery and Carrot Sticks</li> <li>● Peanut Butter and Jelly, Jelly, or Peanut Butter Sandwiches</li> </ul>	<ul style="list-style-type: none"> <li>● Spaghetti Plain or with Meatballs or ● Marinara Sauce</li> <li>● Fresh Baked Rolls</li> <li>● Fresh Spinach</li> <li>● Peanut Butter and Jelly, Jelly, or Peanut Butter Sandwiches</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Patty Sandwich</li> <li>● White Rice</li> <li>● Fresh Carrots</li> <li>● Peanut Butter and Jelly, Jelly, or Peanut Butter Sandwiches</li> </ul>	<ul style="list-style-type: none"> <li>● Macaroni and Cheese or Plain Pasta</li> <li>● Fresh Broccoli</li> <li>● Peanut Butter and Jelly, Jelly, or Peanut Butter Sandwiches</li> </ul>
	<ul style="list-style-type: none"> <li>● Assorted Jell-o</li> </ul>	<ul style="list-style-type: none"> <li>● Frosted Chocolate Cake</li> </ul>	<ul style="list-style-type: none"> <li>● Ice Cream Novelties</li> </ul>	<ul style="list-style-type: none"> <li>● Brownies</li> </ul>	<ul style="list-style-type: none"> <li>● Assorted Cookies</li> </ul>

Daily lunch also includes a variety of fresh fruit. Beverage choices include assorted juices, 2% milk and lowfat chocolate milk and water.

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, made-from-scratch salad dressings along with traditional favorites.

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

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.