

WELCOME TO OUR DINING PROGRAM!

SAGE's chefs and our talented dining service team are excited to welcome you to a new year of culinary adventures! We have new seasonal menus that feature products from our local farms and suppliers. We also have an exciting array of special events, and Educational Seasonings, to add novelty to mealtime.

The cornerstone of our program will always be real food: cooked from scratch, on site, using locally sourced ingredients. We are convinced that freshly made food tastes better, retains more nutrients and is safer for the environment. We feature daily:

- ~ Freshly prepared soups and entrees, made from scratch;
- ~ Our new Improvisations™ station featuring a “build your own” specialty salad, as well as a variety of freshly made composed salads and house-made dressings;
- ~ House-roasted and hand-sliced deli meats, house-made hummus and a variety of locally baked breads;
- ~ At least two fresh vegetables, as well as fresh-cut fruit;
- ~ A variety of beverages, including hormone-free and antibiotic-free milk, Spa Water (filtered water flavored with freshly cut fruits and vegetables), lemonade and juices.



SAGE's Educational Seasonings program encourages students to learn about – and taste – foods and flavors from around the world. This year they will learn about Thanksgiving in the Wild West, Southern African Cuisine, Stews, Tea Time, Fair Trade Foods and Culinary Trades.

SAGE's dining program operates under the watchful eye of our team of dedicated Registered Dietitians. To guide our students' dining selections, SAGE's Spotlight Program® assigns a spotlight color to each item on the menu. Green is for highly nutritious foods that should be enjoyed often: fruits and vegetables, whole grains, lean meats and dairy products. Most foods we consume have yellow dots; these are good choices, especially when paired with green dot items. Red dots are reserved for items we should enjoy sparingly because they contain higher levels of fat, salt or added sugar.

For students with food allergies, we encourage parents and students to contact SAGE's Food Service Director to discuss our menus and learn about making wise choices.

Once again, welcome! We look forward to sharing
The Flavor of Things to Come®!