

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 farmers and suppliers. We also have an exciting array of Seasonings, and *Educational Seasonings*, to add excitement to mealtimes.

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:

- » Freshly prepared soups and entrées, made from scratch;
- » An extensive salad bar featuring a wide variety of fresh vegetables and toppings, as well as an array of dressings made from scratch;
- » House-roasted and hand-sliced deli meats, as well as a variety of locally baked breads;
- » At least two fresh vegetables daily, as well as fresh cut fruit;
- » A variety of beverages, including hormone free and antibiotic free milk, freshly-made Spa Water (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 be learning about Thanksgiving in Civil War Times, Argentine Cuisine, Beans & Legumes, Decorating Cakes, Sorbets, Granitas & Ices, and What's In Season (locally) – in December!

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 which should be enjoyed often: fruits and vegetables, whole grains, lean, low-fat 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 fats, 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*®!