

# Nutritional Guidance

Build a healthy plate with guidance from our Spotlight Program. It factors in the good nutrients that help sustain our bodies. Look to the dots for a balanced plate!

- VARIETY
- BALANCE
- MODERATION



SAGE looks forward to serving you with fresh, delicious, from-scratch food.

# Performance Spotlight

Athletes need the right nutrients at the appropriate times for optimal performance. Look for this logo to find mealtime guidance based on NCAA and USOC guidelines. Try our house-made sports drinks and bars for proper nutrition with no artificial ingredients.



**Performance Spotlight**

# We prepare and use the best local ingredients:

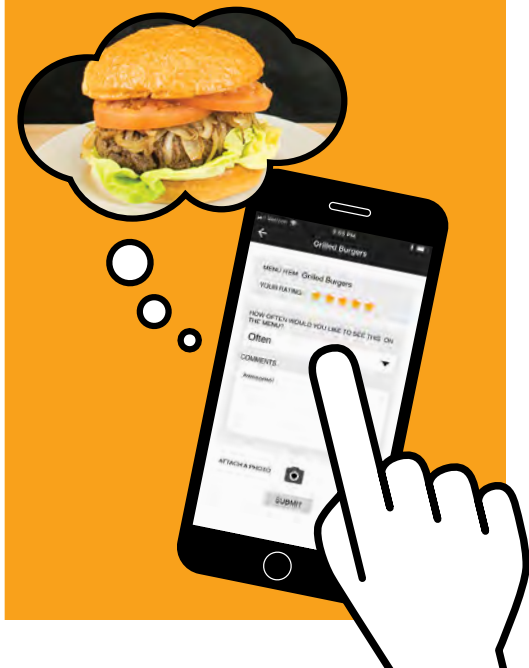
- House-made dressings
- House-roasted and nitrate-free turkey and beef
- Antibiotic- and hormone-free milk
- Antibiotic-free chicken
- Certified Humane®, cage-free eggs

# Be Allergen-Safe

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- We tag the ingredients in every recipe and menu item we serve for the top 12 allergens so your child is sure to find something safe to eat. Use our online allergen filter and ingredient lists to plan ahead. You're always welcome to visit the kitchen and ask about inventory and preparation methods. Our Team Members participate in daily training to learn how to keep the kitchen and dining hall safe.

# The Touch of SAGE App

Access our menu right on your phone or tablet! View the menu, filter for allergens, mark your favorites, and give us feedback so we can write even better menus. This free app does more than any comparable service on the market!



# Learning at Lunch

We bring culinary lessons to life in the dining hall with our monthly Educational Seasonings events! Through creative displays, tastings, and hands-on activities, students learn about food history, culture, and cooking methods.

# Exciting Options

- Daily variety
- Authentic international cuisine
- Fun, food truck-inspired dishes
- Vegetarian and vegan options
- Build-your-own stations and display cooking



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