

WELCOME



Dear Parents,

We're delighted you're a part of the SAGE Dining community! A new school year is an exciting time. For us at SAGE, it means new opportunities to *delight the senses, inspire minds, and foster community* with:

- Menus created just for your school featuring familiar favorites, made to perfection.
- Wholesome, locally sourced ingredients.
- Nutritional guidance that helps students build nutrient-dense plates.
- Education about cultural traditions, cooking methods, and sustainability.

We can't wait to show you in person the many ways a SAGE dining experience is so much more than just lunch.

Our Food Philosophy

We serve *real* food, cooked from scratch, in small batches. That means every meal is fresh and flavorful.

We Use:

- Nitrate-free, house-roasted meats.
- No Antibiotics Ever (NAE) chicken.
- Oils and seasonings without added trans-fats or MSG.
- Antibiotic- and hormone-free milk.
- Cage-free, Certified Humane® eggs.
- Sustainably sourced seafood (using guidelines from the Marine Stewardship Council™ and Monterey Bay Aquarium Seafood Watch®).
- House-made dressings.

Navigating Your Menu

Our Managers get to know the communities they serve and create menus specifically for them that reflect their unique tastes and priorities. Before menus are posted online for all community members to see, they're checked by our Registered Dietitians for nutrient density and tagged for food allergens and eating patterns.

Students can filter menus for food allergens and eating patterns (vegan, vegetarian, and Performance Spotlight™ for athletes) to easily find meals that suit them. They can also create custom profiles on our Touch of SAGE™ app.



Welcome to a thoughtful
and refreshing approach
to dining that feeds
students in body and mind.



40% of our purchases are
manufactured, produced,
or grown within 150 miles
of the venues that serve them.

The SAGE Spotlight Program®

Our Spotlight program helps students build nutrient-dense plates based on the concepts of variety, balance, and moderation. By integrating a simple tricolor labeling system on all menu items, Spotlight allows students to quickly and easily see the nutritional value of their meals based on the most recent USDA dietary guidelines. Research shows that this type of nutritional messaging and guidance helps promote a lifelong positive relationship with food.

Here's how The SAGE Spotlight Program® works:

- Every item on the online menu and the Touch of SAGE™ Mobile App includes a dot color – green, yellow, or red. In the servery, signs and tablets display all menu items and their corresponding dot colors.
- These dots indicate how much and how often certain foods should appear on a plate – green items should be most abundant, yellow dot items should comprise about one third of plates, and red items should be enjoyed in moderation.
- Each menu also includes a plate schematic that shows the breakdown of green, yellow, and red selections so students can see what their plate might look like each day.

Food Allergy Management

According to our annual food allergy survey, approximately 8% of the students we serve have at least one food allergy. We make each dining hall a welcoming, safe place for these students, providing them with reliable information about their meals and an open line of communication with their Manager. At SAGE, food-allergic students aren't asked or expected to have a separate plate or meal and or sit separately from their classmates. **They're a part of a dining service that fosters community, ensuring an approach to food allergies that values both safety and inclusivity.**

- In response to the growing prevalence and severity of peanut allergies in children, we do not serve any nuts or nut products unless requested by the client.
- We label every ingredient, recipe, and menu with the **top 12 allergens** (more than required by law).

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- We have an open kitchen policy. Students with food allergies are encouraged to meet with their Food Service Directors to discuss ingredients, cooking methods, and protocols.

Education Beyond the Classroom

Food is fun! Every month, we feature a different Educational Seasonings topic in the dining hall. These interactive events bring historical, cultural, and culinary topics to life with informational guides, creative displays, and tasting stations. Students learn about a range of topics, such as:

- Moroccan Cuisine.
- Thanksgiving in Civil War Times.
- The Art of Making Bread.
- Waste Not, Want Not.

Our Chefs may offer classes, challenges, and "Chef for a Day" opportunities that engage students in cooking, baking, and food preparation techniques. If your community has a campus garden, we'll collaborate with interested students and administrators in planning, planting, harvesting, and using it as a source for herbs and vegetables and as an educational tool.

SAGE provides more than healthy meals; we give students the skills and information they need to be savvy and healthy consumers and cooks.

Let's Continue the Conversation

SAGE is your dining program, and we want to hear from you! Use the Touch of SAGE™ app to stay in touch and tell us how we're doing. Your ratings and comments help us serve you well and build the best menu for your community.

Here's to another healthy, successful year of exceptional dining!

Sincerely,

Paw Rodriguez Lina Rodriguez

Co-Founder & President

Co-Founder, CFO,
& General Counsel

Dear International School of Denver Families,

As we recently announced, International School of Denver is partnering with SAGE Dining Services®.

SAGE, founded in 1990, is the leading food service provider for independent schools and colleges throughout North America. SAGE focuses on safety, quality service, community, nutrition, wellness, education, sustainability, and delicious food made from scratch using seasonal, locally sourced ingredients. SAGE's on-site Chef and Team Members will get to know our school community and our students, and will design menus according to our preferences and dietary needs. All menus will be accessible to families online and through the Touch of SAGE™ Mobile App. The app also features filters for allergens and eating patterns so the SAGE team can work individually to meet your student's food and dining needs.

SAGE will offer fresh-made menu items, including a salad and deli bar; a healthy main dish with a variety of starches and fresh vegetables as sides; creative, food truck-style fare; authentic Latin and Asian dishes; and expanded vegetarian and vegan options along with display cooking and themed build-your-own stations.

In order to keep all students safe in the dining hall, SAGE provides expertise on allergy accommodations. With one out of every 11 SAGE students managing a food allergy, SAGE takes great care to ensure that all SAGE Team Members are extensively trained in food allergy awareness. Menus provide enough variety so there is something for everyone, and community members are well-informed through complete ingredient lists and serving line signs. SAGE's comprehensive allergen filter, which can be accessed through the online menu and the app, makes planning meals easy.

SAGE also extends education into the dining hall by guiding students and adults toward nutrient-dense options. We can make informed decisions about what to eat using The SAGE Spotlight Program®, a color-coded system that shows the nutritional value of each item offered. In addition, we will learn about historical, cultural, and culinary topics related to food each month through their Educational Seasonings program.

For more information and videos about what SAGE has to offer, please visit www.sagedining.com.

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
DINING SERVICES®

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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.



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

W 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.

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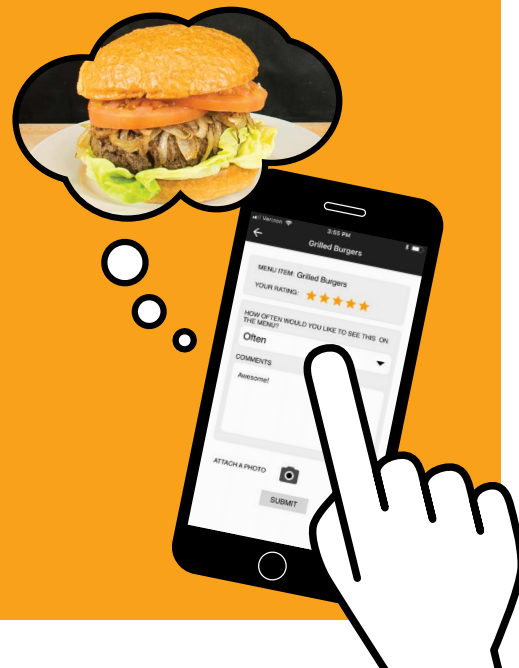
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The Touch of SAGE App

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.



INTERNATIONAL
SCHOOL of DENVER

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