

# experience

SAGE Dining Services®

## Welcome Eagle's Landing Christian Academy!

At SAGE it's all about the experience, from display cooking, to fresh local food, to education in the dining hall. We are excited to share the 2014-15 school year with you and your student. Let's go!



### farm

It starts with a partnership. SAGE works closely with local merchants to purchase fresh, seasonal products. We locally source a significant share of the food we purchase.



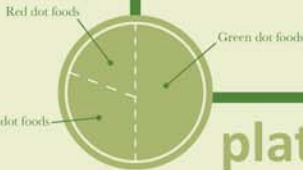
### kitchen

We cook from scratch and maximize our use of raw and minimally processed food. We grow fresh herb and vegetable gardens, compost waste, and recycle used cooking oil, where possible.



### menu

What's for lunch? Check out the **online menu**. You can see ingredients for each item and **new this year**, we added an allergen filter that allows you to identify menu items that contain common food allergens.



### plate

SAGE believes that all food fits on your plate when you practice variety, balance and moderation. Our nutrition team uses the SAGE Spotlight Program® to assign color-coded dots to all menu items to guide your child's choices.



### dining hall

Education doesn't end in the classroom. Each month SAGE encourages students to explore and taste foods and flavors from around the world. This year's topics include The First Thanksgiving, Latin Root Vegetables and Eastern European Cuisine.



### learn more

Get nutrition advice, fun facts, and learn about the cool stuff we are doing on our **Spoonful of SAGE** blog, **FACEBOOK** page or follow us on **Twitter**.