

Nutritional Guidance

Build a healthy plate with guidance from our Spotlight Program. Look to the dots for a balanced plate!

- VARIETY
- BALANCE
- MODERATION



SAGE
DINING SERVICES®



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:

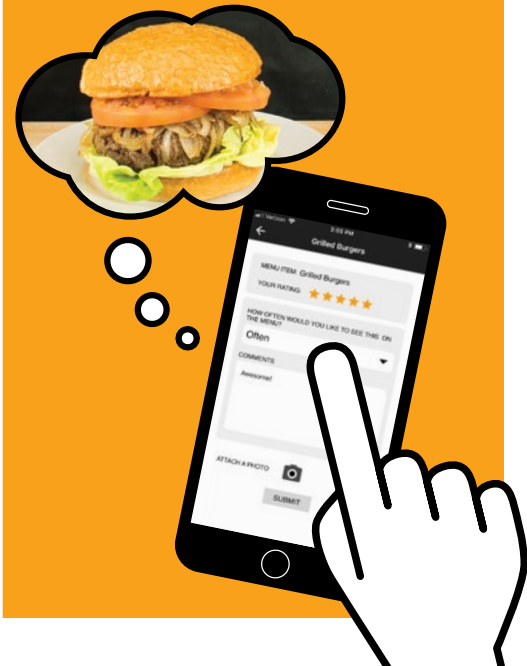
- House-made dressings
- House-roasted and nitrate-free turkey and beef
- Artificial trans fat-free oils and added MSG-free seasonings
- Antibiotic- and hormone-free milk
- Antibiotic-free chicken
- Certified Humane®, cage-free eggs

Safety is our #1 Priority

Every ingredient is listed for each menu item so you'll always know what's in your meal. 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, 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



PRINCIPIA SCHOOL

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