

# SAGE ADVICE

Menu items, tips, and resources from your dining provider!

## Don't Miss These Combos the Week of November 10

*\$7.99 including entree, side, and fountain drink*

- **Monday** - Chicken Bites and Fries
- **Tuesday** - Kansas City BBQ Glazed Chicken, Brussels Sprouts with Bacon, and Roasted Garlic Mashed Potatoes
- **Wednesday** - Cajun Pulled Pork, Sautéed Yellow Squash and Onions, and Baked Sweet Potato Wedges
- **Thursday** - Pesto Tortellini, Grilled Ranch Chicken, Rotini Pasta (GF), and Garlic Breadsticks
- **Friday** - Vegetable Fried Rice, Pork Egg Rolls, and Spicy Garlic Lo Mein



FULL MENU

## From Our Registered Dietitians

Boost your immune system by managing stress; getting plenty of sleep; and eating a well-balanced diet. No single nutrient can prevent illness, but consistently fueling your body with immune-supportive nutrients makes all the difference. Find beta-carotene in carrots, sweet potatoes, dark leafy greens, squash, and cantaloupe.

