SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
W-1 LUNCH MENU	W-1 LUNCH MENU	W-1 LUNCH MENU	W-1 LUNCH MENU	W-1 LUNCH MENU	W-1 LUNCH MENU	W-1 LUNCH MENU		
MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE		
Roast Jerked Turkey	Herb Baked Chicken	Teriyaki Glazed Salmon	Turkey Spinach Meatloaf	Hamburger Yakisoba	Baked Pollock	Spaghetti w/meat sauce		
Shrimp w/ Sweet Chili Sauce	Bulgogi (Korean) Beef	Chicken Cordon Blue	Ginger Soy Catfish	BBQ Pork Ribs	Ginger Beef	Chinese 5 Spice Chicken		
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE		
Vegetable Frittata	Pasta Primavera w/Broccol	Tofu Stir Fry	Southwestern Quinoa	Black Bean Quesadilla	Vegetable Lasagna	Plant Based Nuggets		
GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES		
Turkey Gravy	Chicken Gravy	Chicken Gravy	Tomato Gravy	Salsa Verde	Creole Sauce	Chicken Gravy		
				BBQ Sauce	Natural Pan Gravy			
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES		
Herbed Green Beans	Seasoned Peas	Collard Greens	Parmesan Cauliflower	Calico Corn	Seasoned Broccoli	Roasted Brussel Sprouts		
Ginger Glazed Carrots	Steamed Beets	Seasoned Corn	Vegetable Stir Fry	Seasoned Carrots	Sauteed Cabbage	Roasted Baby Carrots		
		Caribbean Black Beans			Hacienda Corn Black Beans			
STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES		
Garlic Roasted Potatoes	Steamed Brown Rice	Jasmine Rice	Orange Rice	Steamed Brown Rice	Parmesan Garlic Orzo	Herbed Potatoes		
Hoppin John Rice	Garlic Mashed Potatoes	Roasted Sweet Potato Wedge	Macaroni and Cheese	Scalloped Potatoes	Rosemary Roasted Potatoes	Lemon Herbed Quinoa		
BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS		
Dinner Rolls	Dinner Rolls	Country Style Biscuits	Country Style Biscuits	Dinner Rolls	Garlic Breadsticks	Dinner Rolls		
				Jalapeno Corn Bread	Dinner Rolls	Toasted Parmesan Bread		
SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS		
Corn Chowder	Minestrone Soup	Cheddar Broccoli Soup	Chicken Rice Soup	Vegetable Noodle Soup	Lobster Bisque	Beef and Vegetable Soup		
SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR		
	Pasta Monday	Taco Tuesday	Wings Wednesday	Gyro Thursday	Sandwich Friday			
GREEN	The menu offerings and food items are labeled green (eat often) based on the impact the food can have on a Soldier's performance.							
YELLOW	The menu offerings and food items are labeled amber (eat occasionally) based on the impact the food can have on a Soldier's performance.							
RED	The menu offerings and food items are labeled red (eat rarely) based on the impact the food can have on a Soldier's performance.							
G4G 2.0 color-code assignment of foods and beverages is based on the following criteria: saturated fats, fiber, sugar, processing, and total fat. No one criterion (fat, sugar, fiber, etc.) determines the color code for an item; instead, coding is assigned based on a combination of all criteria. Similarly, no single ingredient determines the color code of a recipe. A few exceptions—such as the presence of MSG, use of trans fats, or deep-fry cooking method—result in an automatic Red code. The G4G Criteria aim to identify the overall nutritional quality of foods and beverages. Items coded Green must								
provide nutritional value, not just lack undesirable nutrients. The following table is a snapshot of the criteria and is not meant as a coding tool.								

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
W-1 DINNER MENU	W-1 DINNER MENU	W-1 DINNER MENU	W-1 DINNER MENU	W-1 DINNER MENU	W-1 DINNER MENU	W-1 DINNER MENU		
MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE		
Teriyaki Beef Steak	Beef w/ Broccoli	Buffalo Chicken Mac Cheese	Savory Baked Chicken	Salmon Chili Lime Sauce	Caribbean Catfish	Shepherd's Pie Turkey		
Baked Cod w/ Garlic Butter	Chicken Tikka Masala	Sukiyaki-Style Beef Stir Fry	Mexican Spiced Pork Chop	Marinated Flank Steak	Sweet and Sour Chicken	Mustard Dill Cod		
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE		
Spinach Lasagna	Vegetable Curry	Mushroom Spinach Frittata	Teriyaki Tofu	SouthwestScrambledTofu	Plant Based Chili Macaroni	Cheese Tortellini		
GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES		
Teriyaki Sauce		Sweet Chili Sauce	Sweet Chili Sauce	Cilantro Chili Lime Sauce	Creole Sauce	Dill Sauce		
						Marinara Sauce		
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES		
Seasoned Green Peas	Seasoned Broccoli	Seasoned Greens Peas	Hot Spiced Beets	Sesame Glazed Green Beans	California Blend	Steamed Corn		
Corn Combo	Cauliflower Au Gratin	Mexican Corn	Sauteed Garlic Asparagus	Ginger Glazed Carrots	Sauteed Spinach	Sauteed Zucchini		
Grilled Mushrooms & Onions			Grilled Mushroom Onions					
STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES		
Steamed Brown Rice	Garlic Fried Rice	Cilantro Lime Rice	Oven Glo Potatoes	Red Beans and Rice	Sicilian Brown Rice	Jasmine Rice		
Mashed Potatoes	Rosemary Roasted Potato	Buttered Egg Noodles	Islander's Rice	Roasted Potato Wedges	Scalloped Potatoes	Paprika Buttered Potatoes		
			Caribbean Black Beans					
BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS		
Dinner Rolls	Country Style Biscuits	Dinner Rolls	Dinner Rolls	Dinner Rolls	Dinner Rolls	Country Style Biscuits		
Toasted Parmesan Bread		Jalapeno Corn Bread	Country Style Biscuits			Toasted Parmesan Bread		
SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS		
Vegetable Rice Soup	White Chicken Chili Bean	Black Bean Soup	Morocan Lentil Soup	Chipole Sweet Potato Soup	Tomato Noodle Soup	Chicken Tortilla Soup		
SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR		
GREEN	The menu offerings and food items are labeled green (eat often) based on the impact the food can have on a Soldier's performance.							
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