

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST MENU	BREAKFAST MENU	BREAKFAST MENU	BREAKFAST MENU	BREAKFAST MENU	BREAKFAST MENU	BREAKFAST MENU
PROTEIN	PROTEIN	PROTEIN	PROTEIN	PROTEIN	PROTEIN	PROTEIN
Pork Bacon	Pork Bacon	Turkey Bacon	Pork Bacon	Turkey Bacon	Pork Bacon	Turkey Bacon
Grilled Chicken Breast	Grilled Chicken Breast	Pork Bacon	Grilled Chicken Breast	Canadian Bacon	Grilled Fish	Canadian Bacon
Grilled Fish	Canadian Bacon	Grilled Chicken Breast	Grilled Fish	Grilled Chicken Sausage	Canadian Bacon	Grilled Chicken Sausage
PLANT BASED ENTRÉE	PLANT BASED ENTRÉE	PLANT BASED ENTRÉE	PLANT BASED ENTRÉE	PLANT BASED ENTRÉE	PLANT BASED ENTRÉE	PLANT BASED ENTRÉE
Plantbased Grilled Bratwurst	Vegetable Sausage Patties	Plantbased Grilled Bratwurst	Vegetable Sausage Patties	Plantbased Grilled Bratwurst	Vegetable Sausage Patties	Vegetable Sausage Patties
EGGS	EGGS	EGGS	EGGS	EGGS	EGGS	EGGS
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs
Fresh Eggs to Order	Fresh Eggs to Order	Fresh Eggs to Order	Fresh Eggs to Order	Fresh Eggs to Order	Fresh Eggs to Order	Fresh Eggs to Order
Ham and Cheese Omelets	Ham and Cheese Omelets	Ham and Cheese Omelets	Ham and Cheese Omelets	Ham and Cheese Omelets	Ham and Cheese Omelets	Ham and Cheese Omelets
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
Sauteed Spinach	Sauteed Spinach	Steamed Corn	Sauteed Spinach	Steamed Corn	Sauteed Spinach	Sauteed Spinach
Refried Beans	Refried Beans	Black Beans	Refried Beans	Black Beans	Refried Beans	Black Beans
STARCH	STARCH	STARCH	STARCH	STARCH	STARCH	STARCH
Hash Brown Potatoes	Hash Brown Potatoes	Home Fried Potatoes	Cottage Fried Potatoes	Home Fried Potatoes	Hash Brown Potatoes	Cottage Fried Potatoes
Steamed Brown Rice	Steamed Brown Rice	Steamed White Rice	Steamed Brown Rice	Steamed White Rice	Steamed Brown Rice	Steamed White Rice
Overnight Oats w/ Fruit	Overnight Oats w/ Fruit	Overnight Oats w/ Fruit	Overnight Oats w/ Fruit	Overnight Oats w/ Fruit	Overnight Oats w/ Fruit	Overnight Oats w/ Fruit
BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS
Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits
Assorted Fruits Pancakes	Waffles	Pancakes	Waffles	Pancakes	Waffles	Assorted Fruits Pancakes
Plain Tortilla	Plain Tortilla	Plain Tortilla	Plain Tortilla	Plain Tortilla	Plain Tortilla	Plain Tortilla
HOT CEREAL	HOT CEREAL	HOT CEREAL	HOT CEREAL	HOT CEREAL	HOT CEREAL	HOT CEREAL
Hot Oatmeal	Hot Oatmeal	Hot Oatmeal	Hot Oatmeal	Hot Oatmeal	Hot Oatmeal	Hot Oatmeal
Hot Grits	Hot Grits	Hot Grits	Hot Grits	Hot Grits	Hot Grits	Hot Grits
GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES
Country White Gravy	Country White Gravy	Country White Gravy	Country White Gravy	Country White Gravy	Country White Gravy	Country White Gravy
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: <i>saturated fats, fiber, sugar, processing, and total fat</i> . No one criterion (fat, sugar, fiber, etc.) determines the color code for an item; instead, coding is assigned based on a						