

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 L-002-00	Pork Bacon L-002-00	Turkey Bacon L-515-00	Pork Bacon L-002-00	Turkey Bacon L-515-00	Pork Bacon L-002-00	Turkey Bacon L-515-00
Grilled Chicken Breast L-305-00	Grilled Chicken Sausage	Canadian Bacon L-002-03	Grilled Chicken Breast L-305-00	Canadian Bacon L-002-03	Grilled Fish	Canadian Bacon L-002-03
Grilled Fish	Canadian Bacon L-002-03	Grilled Chicken Breast L-305-00	Grilled Fish	Grilled Chicken Sausage	Canadian Bacon L-002-03	Grilled Chicken Sausage
PLANT BASED ENTRÉE	PLANT BASED ENTRÉE	PLANT BASED ENTRÉE	PLANT BASED ENTRÉE	PLANT BASED ENTRÉE	PLANT BASED ENTRÉE	PLANT BASED ENTRÉE
Vegetable (Plantbased) Sausage Patties	Vegetable (Plantbased) Sausage Patties	Plantbased Grilled Bratwurst	Vegetable (Plantbased) Sausage Patties	Plantbased Grilled Bratwurst	Vegetable (Plantbased) Sausage Patties	Vegetable (Plantbased) Sausage Patties
EGGS	EGGS	EGGS	EGGS	EGGS	EGGS	EGGS
Scrambled Eggs F-010-00	Scrambled Eggs F-010-00	Scrambled Eggs F-010-00	Scrambled Eggs F-010-00	Scrambled Eggs F-010-00	Scrambled Eggs F-010-00	Scrambled Eggs F-010-00
Hard Boiled Eggs F-004-00	Hard Boiled Eggs F-004-00	Hard Boiled Eggs F-004-00	Hard Boiled Eggs F-004-00	Hard Boiled Eggs F-004-00	Hard Boiled Eggs F-004-00	Hard Boiled Eggs F-004-00
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 Q-030-01	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 (RTU)	Hash Brown Potatoes (RTU)	Home Fried Potatoes Q-047-00	Cottage Fried Potatoes Q-046-01	Home Fried Potatoes Q-047-00	Hash Brown Potatoes (RTU)	Cottage Fried Potatoes
Steamed Brown Rice	Steamed Brown Rice	Steamed Brown Rice	Steamed Brown Rice	Steamed Brown Rice	Steamed Brown Rice	Steamed Brown Rice
Overnight Oats w/ Fruit E-305-02	Chia Pudding	Overnight Oats w/ Fruit E-305-02	Overnight Oats w/ Fruit E-305-02	Chia Pudding	Overnight Oats w/ Fruit E-305-02	Overnight Oats w/ Fruit E-305-02
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 E-001-00	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						