

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W-4 LUNCH MENU	W-4 LUNCH MENU	W-4 LUNCH MENU	W-4 LUNCH MENU	W-4 LUNCH MENU	W-4 LUNCH MENU	W-4 LUNCH MENU
MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE
Chicken Chili Verde L-385-01	Chicken Adobo L-078-51	Pesto Top Salmon L-324-00	Blackened Shrimp L-302-05	Sweet and Sour Spareribs L-094-50	Baked Pollock L-119-50	Sweet and Sour Chicken L079-51
BBQ Beef Brisket L-373-00	Bulgogi (Korean) Beef L-341-00	Spaghetti w/ Chicken Meatballs L-039-55	Ginger Beef L-408-00	Mexican Baked Chicken L-143-01	Pork Carnitas L-379-01	Cod w/ Herb Sauce L-119-04
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE
Spinach Frittata F-300-04	Zesty Southwest Black Bean Quesadilla N-311-00	Plant Based Chili Macaroni T-326-00	Southwestern Scrambled Tofu F-307-00	Vegetable Lasagna (RTU)	Cheese Tortellini (RTU)	Vegetable Yakisoba
GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES
BBQ Sauce - (RTU)	Salsa Verde - (RTU)			Sweet and Sour Sauce - (RTU)	Marinara Sauce - (RTU)	Cilantro Chili Lime Sauce
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
Simmered Corn Combo	Broccoli Au Gratin	Hacienda Green Beans	Parmesan Spinach	Parmesan Brussels Sprouts	Harvard Beets	Broccoli Corn Carrots Medley
Sauteed Collard Greens	Steamed Succotash	Carrot and Celery Amandine	Corn on the Cob	Roasted Carrot	Simmered Corn	Oven Fried Eggplant Parmesan Q-028-50
	Caribbean Black Beans Q-301-00					
STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES
Garlic Mashed Potatoes	Jasmine Rice	Spanish Rice	Roasted Redskin Potatoes	Shrimp Fried Rice E-007-03	Vegetable Fried Rice	Potato Wedges
Mediterranean Brown Rice	Garlic Roasted Potatoes	Scalloped Potatoes	Jasmine Rice	Buttery Brownd Potato Wedge	Roasted Sweet Potatoes	Hoppin John Rice E-010-52
BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS
Dinner Rolls	Country Style Biscuits	Dinner Rolls	Dinner Rolls	Dinner Rolls	Garlic Breadsticks	Country Style Biscuits
		Toasted Parmesan Bread		Toasted Parmesan Bread		
SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS
Chicken Gumbo Soup	Light Corn Chowder	Lobster Bisque - (RTU)	Beef Vegetable w/ Rice	Chicken Noodle Soup	Chicken Tortilla Soup	Minestrone 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						

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