SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
W-5 LUNCH MENU	W-5 LUNCH MENU	W-5 LUNCH MENU	W-5 LUNCH MENU	W-5 LUNCH MENU	W-5 LUNCH MENU	W-5 LUNCH MENU			
MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE			
Pineapple Baked Chicken	Russian Turkey Stew	Yankee Pot Roast	Lasagna Beef	Parmesan Cod	Chicken Curry	Chicken Chili Verde			
Grilled Sweet Italian Sausage	Swedish Meatballs	Pollock w/ Garlic Butter	Roast Turkey	Swiss Steak w Tomato Sauce	Teriyaki Glazed Salmon	Baked Tuna and Noodles			
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE			
Italian Broccoli Pasta	Taco Spiced Tofu	Plant Based Chili Macaroni	Southwest Scrambled Tofu	Vegetable Lasagna	Black BeanSweet Potato Burrito	Spaghetti w/ Plant Based Meat			
GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES			
Pineapple Sauce		Creole Sauce	Turkey Pan Gravy	Creole Sauce	Salsa Verde	Chicken Gravy			
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES			
Seasoned Green Beans	Sauteed Zucchini	California Blend	Corn Combo	Steamed Broccoli	Sauteed Garlic Spinach	Seasoned Corn			
Sauteed Cabbage	Mexican Corn	Hot Spiced Beets	Vegatable Stir Fry	Cauliflower Au Gratin	Seasoned Carrots	Sauteed Collard Greens			
Sauteed Peppers and Onions									
STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES			
Lyonnaise Rice	Buttered Egg Noodles	Black Beans and Rice	Parmesan GarlicMashed Potato	Quinoa and Brown Rice	Herbed Potatoes	Roasted Redskin Potatoes			
Baked Potato	Roasted Potatoes Wedges	Au Gratin Potatoes	Jamaican Rice w/ Peas	Paprika Buttered Potatoes	Jasmine Rice	Parmesan Garlic Orzo			
BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS			
French Rolls	Dinner Rolls	Dinner Rolls	Country Style Biscuits	Dinner Rolls	Dinner Rolls	Dinner Rolls			
Toasted Parmesan Bread			Garlic Breadsticks	Garlic Breadsticks		Toasted Parmesan Bread			
SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS			
Beef and Vegetable Soup	Creole Soup w/ Brown Rice	Vegetable and Bean Chili	Tomato and Rice Soup	New England Clam Chowder	Morocan Lentil Soup	Cheddar Broccoli 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.								
	The menu offerings and food items are labeled red (eat rarely) based on the impact the food can have on a Soldier's performance.								
	4G 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,								

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*** = 5:5:5:55 5.455:11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
W-5 DINNER MENU	W-5 DINNER MENU	W- 5 DINNER MENU	W-5 DINNER MENU	W-5 DINNER MENU	W-5 DINNER MENU	W-5 DINNER MENU		
MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE		
BBQ Beef Brisket	Japanese Chicken Curry	Grilled Strip Loin Steak	BBQ Chicken	Mambo Peach Pork Roast	Blackened Catfish	Turkey Porcupines		
Citrus Herb Chicken	Baked Salmon w/ Vinaigrette	Chicken Cacciatore	Ginger Beef	Chicken w/ Broccoli	Chicken Broccoli Alfredo	Caribbean Beef Curry		
	_				_			
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE		
Vegetable Quesadilla	Tofu Stir Fry	Cheese Manicotti	Spinach Frittata	Tofu Curry	Quinoa w/ Chickpeas	Cheese Ravioli		
GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES		
BBQ Sauce	Lemon Herb Sauce	Pizza Sauce	BBQ Sauce	Mambo Peach Sauce	Sweet Chili Sauce	Natural Pan Gravy		
Salsa Verde		Natural Pan Gravy						
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES		
Seasoned Peas and Carrots	Seasoned Asparagus	Sauteed Brussel Sprouts	Roasted Asparagus	Ginger Glazed Carrots	Corn Combo	Roasted Green Peas		
Calico Corn	Sauteed Cabbage		Steamed Beets Orange Sauce	Parmesan Cauliflower	Carrots and Celery Amandine	Lyonnaise Carrots		
		Grilled Mushrooms Onions		Caribbean Black Beans				
STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES		
Hoppin John Rice	Garlic Soy Roasted Potatoes	Ginger Rice (Brown)	Cajun Oven Potatoes	Orange Rice	Vegetable Fried Rice	Roasted Vegetable Orzo		
Mediterranean Orzo	Jasmine Rice	Oven Browned Potatoes	Brown Rice	Baked Sweet Potatoes	Sweet Potatoes w/ Apples	Au Gratin Potatoes		
BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS		
Dinner Rolls	Dinner Rolls	Country Style Biscuits	Country Style Biscuits	Dinner Rolls	Dinner Rolls	Dinner Rolls		
		Garlic Breadsticks		Jalapeno Corn Bread	Garlic Breadsticks	Toasted Parmesan Bread		
SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS		
Baked Potato Soup	Chicken Tortilla Soup	Shrimp Gumbo Soup	Zesty Bean Soup	Cream of Mushroom Soup	Tortellini Soup	Tomato Basil 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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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.							

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