

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
Herb Roasted Turkey L-844-00	Herb Baked Chicken L-143-02	Teriyaki Glazed Salmon L-319-00	Turkey Spinach Meatloaf L-035-54	Hamburger Yakisoba L-062-50	Baked Pollock L-119-50	Spaghetti w/meat sauce L-038-01
Shrimp w/ Sweet Chili Sauce L-397-02	Bulgogi (Korean) Beef L-341-00	Chicken Cordon Bleu L-839-00	Ginger Soy Catfish L-413-00	BBQ Pork Ribs L-092-50	Ginger Beef L-408-00	Chinese 5 Spice Chicken L-153-00
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE
Vegetable Frittata F-300-00	Southwestern Quinoa Casserole E-301-00	Tofu Stir Fry T-004-00	Pasta Primavera T-501-03	Zesty Southwest Black Bean Quesadilla N-311-00	Vegetable Lasagna (RTU)	Plant Based Nuggets (RTU)
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	Mango Habanero Sauce	Chicken Gravy
				BBQ Sauce - (RTU)	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 and Soy Roasted Potatoes Q-319-00	Steamed Brown Rice	Jasmine Rice	Orange Rice Pilaf (Brown) E-008-51	Steamed Brown Rice	Parmesan Garlic Orzo	Herbed Potatoes
Lemon Herbed Quinoa	Baked Macaroni and Cheese F-001-00	Roasted Sweet Potato Wedges	Parmesan Garlic Mashed Potatoes Q-048-50	Scalloped Potatoes	Rosemary Roasted Potatoes	Hoppin John Rice E-010-52
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 D-007-01
SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS
Corn Chowder	Minestrone Soup	Cheddar Broccoli Soup	Chicken Rice Soup	Vegetable Noodle Soup	Lobster Bisque - (RTU)	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: <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 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 L-008-00	Beef w/ Broccoli L-355-02	Buffalo Chicken Macaroni Cheese L-343-00	Savory Baked Chicken L-185-00	Salmon Chili Lime Sauce L-332-00	Caribbean Catfish L-185-00	Shepherd's Pie Turkey L-809-52
Baked Cod w/ Garlic Butter L-119-01	Chicken Tikka Masala L-346-01	Sukiyaki-Style Beef Stir Fry L-006-00	Mexican Spiced Pork Chop L-087-00	Marinated Flank Steak L-368-00	Sweet and Sour Chicken L-079-51	Mustard Dill Cod L-119-05
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE
Spinach Lasagna (RTU)	Vegetable Curry w/ Brown Rice T-203-00	Mushroom Spinach Frittata F-300-06	Teriyaki Tofu T-310-00	Southwestern Scrambled Tofu F-307-00	Plant Based Chili Macaroni T-326-00	Cheese Tortellini (RTU)
GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES
Teriyaki Sauce - (RTU)		Sweet Chili Sauce	Chimichuri Sauce	Cilantro Chili Lime Sauce	Creole Sauce	Dill Sauce
						Marinara Sauce - (RTU)
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 Q-017-01	Sauteed Spinach	Sauteed Zucchini
Grilled Mushrooms and Onions				Grilled Mushrooms and Onions		
STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES
Steamed Brown Rice	Cilantro Lime Rice	Rosemary Roasted Potato	Oven-Glo Potatoes Q-050-02	Red Beans and Rice	Sicilian Brown Rice E-015-00	Jasmine Rice
Mashed Potatoes Q-048-00	Buttered Egg Noodles E-012-50	Garlic Fried Rice	Islander's Rice	Roasted Potato Wedges	Scalloped Potatoes	Paprika Buttered Potatoes
			Caribbean Black Beans Q-301-00			
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			Garlic Bread Sticks
SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS
Vegetable Rice Soup	White Chicken Chili Bean - (RTU)	Black Bean Soup	Moroccan Lentil Soup - (RTU)	Chipole Sweet Potato Soup - (RTU)	Tomato Noodle Soup	Chicken Tortilla Soup
SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR
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