

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W-2 LUNCH MENU	W-2 LUNCH MENU	W-2 LUNCH MENU	W-2 LUNCH MENU	W-2 LUNCH MENU	W-2 LUNCH MENU	W-2 LUNCH MENU
MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE
Caribbean Beef Curry L-304-00	Mexican Pepper Steak L-835-00	Cod w/ Herb Sauce L-119-04	Italian Sausage Hash Frittata F-303-02	Grilled Strip Loin Steak L-007-51	Chicken Adobo L-078-51	Baked Chicken L-143-00
BBQ Pork Ribs L-092-50	Citrus Herb Chicken L-210-00	Swiss Steaks w/ Tomato Sauce L-016-00	Pesto Topped Salmon L-324-00	Parmesan Cod L-138-00	Baked Salmon w/ Vinaigrette L-138-00	Spicy Italian Pork Chop L-222-00
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE
Black Bean w/ Sweet Potato Burrito N-312-00	Tofu Curry T-315-00	Pasta Primavera T-501-03	Vegetable Curry w/ Brown Rice T-203-00	Cheese Manicotti (RTU)	Zesty Southwest Black Bean Quesadilla N-311-00	Potato Frittata F-300-02
GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES
Salsa Verde - (RTU)	Mushroom Gravy	Herb Sauce	Creole Sauce	Creole Sauce	Salsa Verde - (RTU)	Chicken Gravy
				Pizza Sauce - (RTU)		
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
Sauteed Cabbage	Seasoned Green Beans	Sauteed Brussel Sprouts	Carrots and Celery Amandine	South of the Border Medley	Parmesan Cauliflower	Seasoned Corn
Sauteed Zucchini	Ginger Glazed Carrots	Hot Spiced Beets	Parmesan Spinach	Oven-Fried EggplantParmesan	Seasoned Carrots	Sauteed Collard Greens
				Grilled Mushrooms & Onions		Caribbean Black Beans Q-301-00
STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES
Jasmine Rice	Brown Rice E-005-05	Mexican Brown Rice	Herbed Potatoes	Vegetable Fried Rice E-007-52	Garlic Fried Rice	Spanish Rice
Baked Sweet Potatoes	Garlic Roasted Potatoes	Garlic Mashed Potatoes	Mediterranean Orzo	Hacienda Potatoes	Sweet Potatoes w/ Apples	Cajun Oven Fries
BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS
Dinner Rolls	Dinner Rolls	Dinner Rolls	Dinner Rolls	Dinner Rolls	Country Style Biscuits	Country Style Biscuits
Jalapeno Cornbread						
SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS
Vegetable and Bean Chili	Clam Chowder	Zesty Bean Soup	Light Corn Chowder	Cream of Broccoli Soup	Chicken Gumbo	Chicken Noodle 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.						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W-2 DINNER MENU	W-2 DINNER MENU	W-2 DINNER MENU	W-2 DINNER MENU	W-2 DINNER MENU	W-2 DINNER MENU	W-2 DINNER MENU
MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE
Ginger Soy Catfish L-413-00	Spaghetti w/ Meat Sauce L-038-03	Pineapple Chicken L-157-51	Greek Lemon Chicken L-352-00	Ginger Pot Roast L-010-01	Baked Tuna and Noodles L-133-51	Cheesy Tamale Pie L-057-00
Buffalo Chicken L-183-00	Oven Fried Shrimp L-137-02	Teriyaki Beef Strips L-008-52	Lasagna (Beef) L-025-02	Pollock w/ Garlic Butter L-119-64	Pineapple-Marinate Pork Chop L-194-51	Pork Carnitas L-379-01
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE
Plant Based Nuggets (RTU)	Spinach Frittata F-300-04	Plant Based Chili Macaroni T-326-00	Taco Spiced Tofu T-312-05	Spaghetti Plant Based Meat	Italian Broccoli Pasta T-189-01	Black Bean Sweet Potato Burrito N-312-00
GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES
BBQ Sauce - (RTU)		Pineapple Sauce		Natural Pan Gravy		Salsa Verde - (RTU)
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
Collard Greens w/ White Beans	Mexican Corn	Creole Green Beans	Steamed Broccoli	Sauteed Garlic Spinach Q-121-50	Roasted Brussel Sprouts	Peas and Carrots
California Blend Q-310-00	Sauteed Cabbage	Ginger Glazed Carrots Q-017-01	Cream Style Corn	Parmesan Cauliflower	Corn on the Cobb Q-111-00	Steamed Broccoli
Caribbean Black Beans Q-301-00		Caribbean Black Beans Q-301-00				
STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES
Lyonnais Brown Rice	Buttered Egg Noodles E-012-50	Jasmine Rice	Parmesan Garlic Mashed Potato	Black Beans and Rice	Shrimp Fried Rice	Cilantro Lime Rice
Baked Macaroni and Cheese	Mexican Rice	Oven Brown Potatoes Q-050-00	Jamaican Rice w/ Peas	Baked Potato Halves	Roasted Potatoes	Roasted Vegetable Orzo
BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS
Country Style Biscuits	Dinner Rolls	Country Style Biscuits	Dinner Rolls	Dinner Rolls	Dinner Rolls	Country Style Biscuits
	Toasted Parmesan Bread		Toasted Parmesan Bread			Jalapeno Cornbread
SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS
Cheddar Broccoli Soup	Tomato and Rice Soup	Texas Tortilla Soup	Creole Soup w/ Brown Rice	French Onion Soup	Chicken Noodle Soup	New England Clam Chowder
SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR
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