



	10/24 (MON)	10/25 (TUE)	10/26 (WED)	10/27 (THU)	10/28 (FRI)	
	Menu Item	G4G Code-Sodium	Menu Item	G4G Code-Sodium	Menu Item	G4G Code-Sodium
BREAKFAST	Hot Oatmeal	GREEN LOW	Hot Farina	GREEN LOW	Hot Farina	GREEN LOW
	Hard Cooked Eggs	YELLOW LOW	Hard Cooked Eggs	YELLOW LOW	Hard Cooked Eggs	YELLOW LOW
	Omelet Bar	YELLOW LOW	Omelet Bar	YELLOW LOW	Omelet Bar	YELLOW LOW
	Oven Fried Bacon	RED MOD	Oven Fried Bacon	RED MOD	Oven Fried Bacon	RED MOD
	Grilled Sausage Links	RED MOD	Corned Beef Hash	RED MOD	Breakfast Burrito	YELLOW LOW
	Breakfast Rice	YELLOW MOD	Hashed Browns	RED LOW	Breakfast Rice	YELLOW MOD
	French Toast	YELLOW MOD	Fruit Pancakes	YELLOW MOD	French Toast	YELLOW MOD
	Sasebo Fruit Bar	GREEN LOW	Sasebo Fruit Bar	GREEN LOW	Sasebo Fruit Bar	GREEN LOW
	Sasebo Bread Bar	GREEN LOW	Sasebo Bread Bar	GREEN LOW	Sasebo Bread Bar	GREEN LOW
	Breakfast Pastry	YELLOW LOW	Breakfast Pastry	YELLOW LOW	Breakfast Pastry	YELLOW LOW
	Assorted Cereal	GREEN LOW	Assorted Cereal	GREEN LOW	Assorted Cereal	GREEN LOW
	Lowfat Yogurt	GREEN LOW	Lowfat Yogurt	GREEN LOW	Lowfat Yogurt	GREEN LOW
LUNCH	Corn Chowder	GREEN HIGH	Beef Rice Soup	YELLOW HIGH	Cream of Potato Soup	GREEN LOW
	Steak Smothered w/Onions	YELLOW LOW	Baked Halibut Steak	GREEN LOW	Baked Salmon in Foil	GREEN MOD
	Sweet & Sour Pork	YELLOW LOW	Beef Stroganoff	RED MOD	Mambo Pork Roast	YELLOW LOW
	Mushroom Gravy	YELLOW HIGH	Brown Gravy	YELLOW MOD	Brown Gravy	YELLOW MOD
	Steamed Rice	YELLOW LOW	Steamed Rice	YELLOW LOW	Steamed Rice	YELLOW LOW
	Mashed Potatoes	YELLOW LOW	Seasoned Egg Noodles	YELLOW LOW	Baked Potato Skins	GREEN LOW
	Steamed Broccoli	GREEN LOW	Corn-on-the-Cob	GREEN LOW	Steamed Mixed Vegetables	GREEN LOW
	Steamed Cauliflower	GREEN LOW	Stewed Tomatoes w/CROUTONS	RED MOD	Lyonnais Wax Beans	YELLOW LOW
	Chicken Fillet Sandwich	RED MOD	Shogun Deluxe Burger	RED MOD	Shogun Deluxe Burger	RED MOD
	French Fried Potatoes	RED MOD	French Fried Onion Rings	RED LOW	French Fried Potatoes	RED MOD
	Sasebo Salad Bar	GREEN LOW	Sasebo Salad Bar	GREEN LOW	Sasebo Salad Bar	GREEN LOW
	Sasebo Fruit Bar	GREEN LOW	Sasebo Fruit Bar	GREEN LOW	Sasebo Fruit Bar	GREEN LOW
Hot Rolls	YELLOW MOD	Hot Rolls	YELLOW MOD	Hot Rolls	YELLOW MOD	
Dessert Bar	RED -	Dessert Bar	RED -	Dessert Bar	RED -	
DINNER	Minestrone	YELLOW HIGH	Cream of Asparagus Soup	RED HIGH	Cream of Mushroom Soup	RED HIGH
	Pizza Casserole	YELLOW MOD	Beef Sauerbraten	GREEN MOD	Yankee Pot Roast	GREEN MOD
	Baked Alaskan Stuffed Fish	YELLOW MOD	Scalloped Ham & Noodles	RED LOW	Baked Fish Portions	RED MOD
	Brown Gravy	YELLOW MOD	Au Jus	GREEN LOW	Au Jus	GREEN LOW
	Tossed Green Rice	YELLOW LOW	Steamed Rice	YELLOW LOW	Garlic Roasted Potato Wedges	GREEN LOW
	Parsley Buttered Potatoes	YELLOW LOW	Oven Browned Potatoes	RED LOW	Steamed Rice	YELLOW LOW
	Steamed Peas	GREEN LOW	Club Spinach	RED MOD	Steamed Peas	GREEN LOW
	Simmered Brussels Sprouts	GREEN LOW	Steamed Mixed Vegetables	GREEN LOW	Simmered Broccoli	GREEN LOW
	Sasebo Salad Bar	GREEN LOW	Sasebo Salad Bar	GREEN LOW	Sasebo Salad Bar	GREEN LOW
	Sasebo Fruit Bar	GREEN LOW	Sasebo Fruit Bar	GREEN LOW	Sasebo Fruit Bar	GREEN LOW
	Hot Rolls	YELLOW MOD	Hot Rolls	YELLOW MOD	Hot Rolls	YELLOW MOD
	Dessert Bar	RED -	Dessert Bar	RED -	Dessert Bar	RED -

10/29 (SAT)

10/30 (SUN)

	Menu Item	G4G Code-Sodium	Menu Item	G4G Code-Sodium
BREAKFAST	Hot Farina	GREEN LOW	Hominy Grits	YELLOW LOW
	Hard Cooked Eggs	YELLOW LOW	Hard Cooked Eggs	YELLOW LOW
	Omelet Bar	YELLOW LOW	Omelet Bar	YELLOW LOW
	Oven Fried Bacon	RED MOD	Oven Fried Bacon	RED MOD
	Grilled Sausage Links	RED MOD	Grilled Sausage Patties	RED MOD
	Breakfast Rice	YELLOW MOD	Tater Tots	RED LOW
	French Toast	YELLOW MOD	French Toast	YELLOW MOD
	Sasebo Fruit Bar	GREEN LOW	Sasebo Fruit Bar	GREEN LOW
	Sasebo Bread Bar	GREEN LOW	Sasebo Bread Bar	GREEN LOW
	Breakfast Pastry	YELLOW LOW	Breakfast Pastry	YELLOW LOW
	Assorted Cereal	GREEN LOW	Assorted Cereal	GREEN LOW
	Lowfat Yogurt	GREEN LOW	Lowfat Yogurt	GREEN LOW
LUNCH	Hard Cooked Eggs	YELLOW LOW	Hard Cooked Eggs	YELLOW LOW
	Omelet Bar	YELLOW LOW	Omelet Bar	YELLOW LOW
	French Onion Soup	RED HIGH	Chicken Noodle Soup	YELLOW HIGH
	Spaghetti with Meat Sauce	GREEN HIGH	Creole Pork Chops	GREEN MOD
	Hot Italian Sausage Sandwich	YELLOW HIGH	Fishwich	RED MOD
	French Bread Pizza	GREEN MOD	Brown Gravy	YELLOW MOD
	Potato Steak Fries	RED MOD	Shrimp Fried Rice	YELLOW MOD
	Steamed Mixed Vegetables	GREEN LOW	Potato Steak Fries	RED MOD
	Wax Beans	GREEN LOW	Steamed Green Beans	GREEN LOW
	Sasebo Salad Bar	GREEN LOW	Corn-on-the-Cob	GREEN LOW
	Sasebo Fruit Bar	GREEN LOW	Sasebo Salad Bar	GREEN LOW
	Sasebo Bread Bar	GREEN LOW	Sasebo Fruit Bar	GREEN LOW
Dessert Bar	RED -	Sasebo Bread Bar	GREEN LOW	
DINNER	Chicken with Rice Soup	YELLOW HIGH	New England Fish Chowder	RED LOW
	Chicken Stir Fry	GREEN MOD	Lemon Baked Salmon	GREEN LOW
	Roast Beef	GREEN LOW	Steak Ranchero	YELLOW MOD
	Brown Gravy	YELLOW MOD	Brown Gravy	YELLOW MOD
	Rice Pilaf	YELLOW MOD	Steamed Rice	YELLOW LOW
	Seasoned Egg Noodles	YELLOW LOW	Baked Potato Skins	GREEN LOW
	Simmered Corn	GREEN LOW	Simmered Asparagus	GREEN LOW
	Steamed Broccoli	GREEN LOW	Simmered Cauliflower	GREEN LOW
	Sasebo Salad Bar	GREEN LOW	Sasebo Salad Bar	GREEN LOW
	Sasebo Fruit Bar	GREEN LOW	Sasebo Fruit Bar	GREEN LOW
	Hot Rolls	YELLOW MOD	Hot Rolls	YELLOW MOD
	Dessert Bar	RED -	Dessert Bar	RED -

GETTING TO KNOW GO FOR GREEN®

Foods and beverages are labeled with two kinds of symbols:

Based on nutrition quality:



GREEN
THIS IS A HIGH-PERFORMANCE FOOD

- Least-processed, whole foods
- Nutrient-packed
- High in fiber
- Low in added sugar
- Healthy fats



YELLOW
THIS IS A MODERATE-PERFORMANCE FOOD

- Foods with some processing
- Some healthful nutrients
- Lower in fiber
- Added sugar or artificial sweetener
- Poor-quality fats



RED
THIS IS A LOW-PERFORMANCE FOOD

- Most-processed foods, often with multiple unhealthy ingredients
- Lowest in nutrients and fiber
- Added sugar or artificial sweetener
- Excess fat, trans fat, or fried foods

Based on sodium (salt) content:

SODIUM (salt)



Watching sodium? These symbols indicate whether a food has Low, Moderate, or High amounts of salt. The amount of salt you need depends on your health, activity, and environment.

Look for the Food Cards identifying foods at your dining facility.

