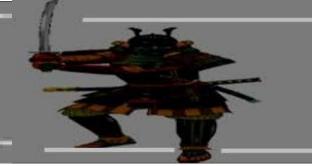


MENU OF THE WEEK 24 - 30 OCT 2016



	10/24 (MON)		10/25 (TUE)	10/25 (TUE)		10/26 (WED)			10/27 (THU)		10/28 (FRI)		
	Menu Item	G4G Code-Sodiu	Menu Item	G4G Code-Sodium	Menu Item	G4G Code-	-Sodium	Menu Item	G4G Code-	Sodium	Menu Item	G4G Code-	≟-Sodium
Б	Hot Oatmeal	GREEN LO	W Hot Farina	GREEN LOW	Hominy Grits	YELLOW	LOW	Hot Farina	GREEN	LOW	Hot Oatmeal	GREEN	LOW
В	Hard Cooked Eggs	YELLOW LO	W Hard Cooked Eggs	YELLOW LOW	Hard Cooked Eggs	YELLOW	LOW	Hard Cooked Eggs	YELLOW	LOW	Hard Cooked Eggs	YELLOW	LOW
R	Omelet Bar	YELLOW LO	W Omelet Bar	YELLOW LOW	Omelet Bar	YELLOW	LOW	Omelet Bar	YELLOW	LOW	Omelet Bar	YELLOW	LOW
E	Oven Fried Bacon	RED M	Oven Fried Bacon	RED MOD	Oven Fried Bacon	RED	MOD	Oven Fried Bacon	RED	MOD	Oven Fried Bacon	RED	MOD
Α	Grilled Sausage Links	RED M	Corned Beef Hash	RED MOD	Grilled Sausage Patties	RED	MOD	Breakfast Burrito	YELLOW	LOW	Corned Beef Hash	RED	MOD
K	Breakfast Rice	YELLOW M	Hashed Browns	RED LOW	Tater Tots	RED	LOW	Breakfast Rice	YELLOW	MOD	Hashed Browns	RED	LOW
	French Toast	YELLOW M	Fruit Pancakes	YELLOW MOD	Fruit Pancakes	YELLOW	MOD	French Toast	YELLOW	MOD	Fruit Pancakes	YELLOW	MOD
	Sasebo Fruit Bar	GREEN LO	w Sasebo Fruit Bar	GREEN LOW	Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW
Α	Sasebo Bread Bar	GREEN LO	w Sasebo Bread Bar	GREEN LOW	Sasebo Bread Bar	GREEN	LOW	Sasebo Bread Bar	GREEN	LOW	Sasebo Bread Bar	GREEN	LOW
S	Breakfast Pastry	YELLOW LO	W Breakfast Pastry	YELLOW LOW	Breakfast Pastry	YELLOW	LOW	Breakfast Pastry	YELLOW	LOW	Breakfast Pastry	YELLOW	LOW
Т	Assorted Cereal	GREEN LO	w Assorted Cereal	GREEN LOW	Assorted Cereal	GREEN	LOW	Assorted Cereal	GREEN	LOW	Assorted Cereal	GREEN	LOW
	Lowfat Yogurt	GREEN LO	w Lowfat Yogurt	GREEN LOW	Lowfat Yogurt	GREEN	LOW	Lowfat Yogurt	GREEN	LOW	Lowfat Yogurt	GREEN	LOW
	Corn Chowder	GREEN H	Beef Rice Soup	YELLOW HIGH	Manhattan Clam Chowder	GREEN	HIGH	Cream of Potato Soup	GREEN	LOW	Chinese Flower Soup	GREEN	HIGH
	Steak Smothered w/Onions	YELLOW LO	w Baked Halibut Steak	GREEN LOW	Swiss Steak w/Brown Gravy	YELLOW	MOD	Baked Salmon in Foil	GREEN	MOD	Szechwan Shrimp	GREEN	MOD
	Sweet & Sour Pork	YELLOW LO	w Beef Stroganoff	RED MOD	Barbecued Pork Loin	YELLOW	MOD	Mambo Pork Roast	YELLOW	LOW	Teriyaki Chicken	RED	MOD
	Mushroom Gravy	YELLOW H	Brown Gravy	YELLOW MOD	Brown Gravy	YELLOW	MOD	Brown Gravy	YELLOW	MOD	Brown Gravy	YELLOW	MOD
	Steamed Rice	YELLOW LO	w Steamed Rice	YELLOW LOW	Steamed Rice	YELLOW	LOW	Steamed Rice	YELLOW	LOW	Steamed Rice	YELLOW	LOW
L	Mashed Potatoes	YELLOW LO	w Seasoned Egg Noodles	YELLOW LOW	Mashed Potatoes	YELLOW	LOW	Baked Potato Skins	GREEN	LOW	Roasted Pepper Potatoes	GREEN	LOW
U	Steamed Broccoli	GREEN LO	w Corn-on-the-Cob	GREEN LOW	Steamed Cauliflower	GREEN	LOW	Steamed Mixed Vegetables	GREEN	LOW	Simmered Asparagus	GREEN	LOW
N	Steamed Cauliflower	GREEN LO	W Stewed Tomatoes w/Croutons	RED MOD	Simmered Asparagus	GREEN	LOW	Lyonnaise Wax Beans	YELLOW	LOW	Club Spinach	RED	MOD
	Chicken Fillet Sandwich	RED M	Shogun Deluxe Burger	RED MOD	Chili Dog w/Cheese & Onions	RED	MOD	Shogun Deluxe Burger	RED	MOD	Chicken Fillet Sandwich	RED	MOD
н	French Fried Potatoes	RED M	French Fried Onion Rings	RED LOW	French Fried Potatoes	RED	MOD	French Fried Potatoes	RED	MOD	French Fried Onion Rings	RED	LOW
	Sasebo Salad Bar	GREEN LO	w Sasebo Salad Bar	GREEN LOW	Sasebo Salad Bar	GREEN	LOW	Sasebo Salad Bar	GREEN	LOW	Sasebo Salad Bar	GREEN	LOW
	Sasebo Fruit Bar	GREEN LO	w Sasebo Fruit Bar	GREEN LOW	Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW
	Hot Rolls	YELLOW M	Hot Rolls	YELLOW MOD	Hot Rolls	YELLOW	MOD	Hot Rolls	YELLOW	MOD	Hot Rolls	YELLOW	MOD
	Dessert Bar	RED	Dessert Bar	RED -	Dessert Bar	RED	-	Dessert Bar	RED	-	Dessert Bar	RED	-
	Minestrone	YELLOW H	Cream of Asparagus Soup	RED HIGH	Egg Drop Soup	GREEN	HIGH	Cream of Mushroom Soup	RED	HIGH	Shrimp Gumbo	RED	HIGH
	Pizza Casserole	YELLOW M	Beef Sauerbraten	GREEN MOD	Chicken Szechwan	RED	MOD	Yankee Pot Roast	GREEN	MOD	Caribbean Catfish	YELLOW	LOW
П	Baked Alaskan Stuffed Fish	YELLOW M	Scalloped Ham & Noodles	RED LOW	Beef and Broccoli	YELLOW	HIGH	Baked Fish Portions	RED	MOD	Chicken Divan	GREEN	HIGH
	Brown Gravy	YELLOW M	Au Jus	GREEN LOW	Mushroom Gravy	YELLOW	HIGH	Au Jus	GREEN	LOW	Vegetable Gravy	RED	HIGH
	Tossed Green Rice	YELLOW LO	w Steamed Rice	YELLOW LOW	Steamed Rice	YELLOW	LOW	Garlic Roasted Potato Wedges	GREEN	LOW	Steamed Rice	YELLOW	LOW
N	Parsley Buttered Potatoes	YELLOW LO	W Oven Browned Potatoes	RED LOW	Paprika Buttered Potatoes	YELLOW	LOW	Steamed Rice	YELLOW	LOW	Garlic Cheese Potatoes	YELLOW	LOW
N	Steamed Peas	GREEN LO	w Club Spinach	RED MOD	Steamed Green Beans	GREEN	LOW	Steamed Peas	GREEN	LOW	Green Beans Creole	GREEN	MOD
E	Simmered Brussels Sprouts	GREEN LO	W Steamed Mixed Vegetables	GREEN LOW	California Vegetable Medley	GREEN	LOW	Simmered Broccoli	GREEN	LOW	Cream Style Corn	YELLOW	MOD
B	Sasebo Salad Bar	GREEN LO	w Sasebo Salad Bar	GREEN LOW	Sasebo Salad Bar	GREEN	LOW	Sasebo Salad Bar	GREEN	LOW	Sasebo Salad Bar	GREEN	LOW
	Sasebo Fruit Bar	GREEN LO	w Sasebo Fruit Bar	GREEN LOW	Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW
	Hot Rolls	YELLOW M	Hot Rolls	YELLOW MOD	Hot Rolls	YELLOW	MOD	Hot Rolls	YELLOW	MOD	Hot Rolls	YELLOW	MOD
	Dessert Bar	RED	Dessert Bar	RED -	Dessert Bar	RED	-	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:



PERFORMANCE FOOD

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



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



- 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.







hprc-online.org/nutrition/go-for-green





10/29(SAT) 10/30 (SUN)

		Menu Item G4G Code-Sodium		10/00 (0011)			
ı		Hot Farina		LOW	Menu Item	G4G Code-S	
	В		GREEN		Hominy Grits		LOW
		Hard Cooked Eggs	YELLOW	LOW	Hard Cooked Eggs	YELLOW	LOW
	R	Omelet Bar	YELLOW	LOW	Omelet Bar	YELLOW	LOW
	Е	Oven Fried Bacon	RED	MOD	Oven Fried Bacon	RED	MOD
	A	Grilled Sausage Links	RED	MOD	Grilled Sausage Patties	RED	MOD
	K	Breakfast Rice	YELLOW	MOD	Tater Tots	RED	LOW
	F	French Toast	YELLOW	MOD	French Toast	YELLOW	MOD
		Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW
	A	Sasebo Bread Bar	GREEN	LOW	Sasebo Bread Bar	GREEN	LOW
	S	Breakfast Pastry	YELLOW	LOW	Breakfast Pastry	YELLOW	LOW
	Т	Assorted Cereal	GREEN	LOW	Assorted Cereal	GREEN	LOW
		Lowfat Yogurt	GREEN	LOW	Lowfat Yogurt	GREEN	LOW
		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
	L	French Bread Pizza	GREEN	MOD	Brown Gravy	YELLOW	MOD
	U	Potato Steak Fries	RED	MOD	Shrimp Fried Rice	YELLOW	MOD
		Steamed Mixed Vegetables	GREEN	LOW	Potato Steak Fries	RED	MOD
	N	Wax Beans	GREEN	LOW	Steamed Green Beans	GREEN	LOW
	C				Corn-on-the-Cob	GREEN	LOW
	Н						
		Sasebo Salad Bar	GREEN	LOW	Sasebo Salad Bar	GREEN	LOW
		Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW
		Sasebo Bread Bar	GREEN	LOW	Sasebo Bread Bar	GREEN	LOW
		Dessert Bar	RED	-	Dessert Bar	RED	-
ľ		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
	D	Brown Gravy	YELLOW	MOD	Brown Gravy	YELLOW	MOD
		Rice Pilaf	YELLOW	MOD	Steamed Rice	YELLOW	LOW
	N	Seasoned Egg Noodles	YELLOW	LOW	Baked Potato Skins	GREEN	LOW
	N	Simmered Corn	GREEN	LOW	Simmered Asparagus	GREEN	LOW
	E	Steamed Broccoli	GREEN	LOW	Simmered Cauliflower	GREEN	LOW
		Sasebo Salad Bar	GREEN	LOW	Sasebo Salad Bar	GREEN	LOW
	R	Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW
		Hot Rolls	YELLOW	MOD	Hot Rolls	YELLOW	MOD
		Dessert Bar	RED	-	Dessert Bar	RED	_
I		- Dood To Bai			D G G G G G G G G G G G G G G G G G G G		