

21-day Sample Menu #2



The sample menu below includes a rotating 21-day Mainline menu and suggestions for Specialty Bars for more variety and options for diners. This sample menu meets the following menu standards and guidelines: DoDM 1338.10: DoD Food Service Program (DFSP), G4G Menu Coding Goals, and G4G-Army Nutrition Standards.

Green, Yellow & Red breakdown

The table below breaks down the percentages of Green-, Yellow-, and Red-coded items (based on meal period and menu component).

Note: If two versions of the same recipe code differently (for example, a pasta dish made with whole-grain pasta that codes Green and one made with white pasta that codes Yellow), an average of these codes was used.

MAINLINE			
	Green	Yellow	Red
Breakfast (Doesn't include pastry, soup, griddle bread, or oatmeal)			
Entrée (includes protein and egg)	35%	47%	18%
Starchy Side (includes potato, legumes, and bread)	60%	40%	—
Non-starchy Side	100%	—	—
Overall	48%	38%	14%
Lunch & Dinner (Doesn't include bread, side salad, or soup)			
Entrée	49%	39%	12%
Starchy Side	54%	38%	8%
Non-starchy Side	66%	24%	10%
Legumes	88%	12%	—
Overall	58%	33%	9%
Brunch (Doesn't include bread, side salad, or soup)			
Entrée	33%	67%	—
Starchy Side	46%	46%	8%
Non-starchy Side	57%	43%	—
Legumes	100%	—	—

MAINLINE			
	Green	Yellow	Red
Overall	46%	52%	2%
Supper (Doesn't include bread, side salad, or soup)			
Entrée	38%	58%	4%
Starchy Side	44%	45%	11%
Non-starchy Side	69%	25%	6%
Legumes	100%	—	—
Overall	49%	44%	7%

BREAKFAST							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Brunch	SUNDAY Brunch
Eggs	Scrambled Eggs (Y)	Scrambled Eggs (Y)	Scrambled Eggs (Y)	Scrambled Eggs (Y)	Scrambled Eggs (Y)	Scrambled Eggs (Y)	Scrambled Eggs (Y)
Eggs	Hard Boiled Eggs (Y)	Hard Boiled Eggs (Y)	Hard Boiled Eggs (Y)	Hard Boiled Eggs (Y)	Hard Boiled Eggs (Y)	Hard Boiled Eggs (Y)	Hard Boiled Eggs (Y)
Protein	Creamed Ground Beef (Y)	Turkey Lentil Chili (G)	Sausage Gravy (Y)	Chili Con Carne (G)	Creamed Ground Turkey (G)	Creamed Ground Beef (Y)	Sausage Gravy (Y)
Protein	Southwestern Shrimp (G)	Texas Hash with Beef and Brown Rice (G)	Tamale Pie (G)	Texas Hash with Turkey and Brown Rice (G)	Vegetable Curry with Rice (G)	Creole Shrimp with Brown Rice (G)	Italian Rice and Turkey (G)
Protein	Canadian Bacon (Y)	Pork Sausage Links (R)	Grilled Ham Slice (Y)	Chicken Breakfast Sausage Patties (R)	Canadian Bacon (Y)	Canadian Bacon (Y)	Grilled Ham Slice (Y)
Protein	Bacon (R)	Turkey Bacon (R)	Bacon (R)	Turkey Sausage Links (R)	Bacon (R)	Bacon (R)	Bacon (R)
Protein (lean option)	Grilled Chicken Breast (G)	Braised Pork Chops (G)	Grilled Chicken Breast (G)	Braised Pork Chops (G)	Grilled Chicken Breast (G)	Braised Pork Chops (G)	Grilled or Baked Chicken Breast (G)
Griddle Bread *Can be served at Specialty Bar	Blueberry Pancakes (Y)	Whole Grain French Toast (G)	Waffles (Y)	French Toast (Y)	Whole Wheat Pancakes (G)	Banana Oat Pancakes (G)	Waffles (Y)

BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Brunch	SUNDAY Brunch
Hot Whole-Grain Cereal <i>*Can be served at Specialty Bar</i>	Oatmeal (G)	Oatmeal (G)	Oatmeal (G)	Oatmeal (G)	Oatmeal (G)	Oatmeal (G)	Oatmeal (G)
Non-starchy Side	Steamed Broccoli (G)	Roasted Carrots (G)	Sautéed Spinach (G)	Steamed Green Beans (G)	Sautéed Mushrooms (G)	Steamed Broccoli (G)	Sautéed Spinach (G)
Potatoes	Home Fried Potatoes (G)	Cottage Fried Potatoes (G)	Oven Browned Potatoes (G)	Hashed Brown Potatoes (Y)	Sweet Potato Home Fries (G)	Home Fried Potatoes (G)	Oven Browned Potatoes (G)
Legumes	Spanish Style Pinto Beans (G)	Simmered Dry Beans (Black) (G)	Red Beans with Rice (G)	Southwestern Baked Beans (G)	Smashed Black Beans (G)	Spanish Style Pinto Beans (G)	Red Beans with Rice (G)
Soup	Tomato Soup (Y)	Lentil Vegetable Soup (G)	Black Bean Soup (G)	Herbed Tomato and Red Lentil Soup (G)	Potato, Kale & White Bean Soup (G)	Tomato Soup (Y)	Black Bean Soup (G)
Bread	Baking Powder Biscuits (Y)	Corn Bread (Y)	Sweet Potato Biscuits (Y)	Whole Grain Drop Biscuits (Y)	Corn Bread (Y)	Baking Powder Biscuits (Y)	Sweet Potato Biscuits (R)
Pastry	Pumpkin Bread (Y or R)	Quick Coffee Cake (Y)	Beignet (R)	Cherry Bear Claw (R)	Raspberry Streusel (Y)	Applesauce Cinnamon Crumb Top Muffin (Y)	Apple Bear Claw (R)
Daily Bars	Fitness/ Breakfast Bar	Fitness/ Breakfast Bar	Fitness/ Breakfast Bar	Fitness/ Breakfast Bar	Fitness/ Breakfast Bar	Fitness/ Breakfast Bar	Fitness/ Breakfast Bar
Rotating/ Theme Bars	See Specialty Bar Menu for options						

WEEK 1: LUNCH

Main/Hotline							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Brunch	SUNDAY Brunch
Entrée	Oriental Pepper Steak (Y)	Mexican Baked Chicken (8 Pc) (Y)	Caribbean Spiced Catfish (Y)	Salmon with Herb Vinaigrette (G)	Rotisserie Chicken Quarters (Y)	Rosemary Roast Pork Tenderloin (G)	Teriyaki Chicken (Y)
Entrée	Tempura Fried Fish (R)	Three Bean Tacos (G)	Barbecue Ribs (R)	Ground Beef Cordon Bleu (R)	Herbed Baked Cod (G)	—	—
Entrée (casserole-type)	Chicken Chow Mein (G)	Stacked Chicken Enchiladas (G)	Shrimp Jambalaya (G)	Chicken À La King (G)	Italian Rice and Beef (G)	Swedish Meatballs WW Egg Noodles (Y)	Yakisoba WW Noodles (G)
Entrée (carved)	—	—	—	—	—	Roast Turkey (G)	Roast Turkey (G)
Non-starchy Side	Vegetable Stir Fry (G)	Sautéed Spinach (G)	Southern Style Collard Greens (R)	Green Beans with Orange Herb Vinaigrette (G)	Cauliflower Au Gratin (Y)	Roasted Carrots (G)	Roasted Broccoli (G)
Non-starchy Side	Ginger Glazed Carrots (Y)	—	Roasted Zucchini (G)	Sweet and Sour Cabbage (Y)	Roasted Asparagus (G)	Green Beans (G)	Sautéed Cabbage with Bacon (Y)
Non-starchy Side	—	—	—	French Fried Cauliflower (R)	—	Corn O'Brien (Y)	Japanese Vegetable Stir Fry (G)
Starchy Side	White Rice (Y)	Mexican Rice (Y)	Baked Macaroni and Cheese (R)	Rice Pilaf (Y)	White Rice (Y)	Islander's Rice (G)	Vegetable Fried Brown Rice (G)
Starchy Side (potato)	Garlic Roasted Potato Wedges (G)	Mexican Roasted Sweet Potatoes (G)	Candied Sweet Potatoes (R)	Garlic Roasted Potato Wedges (G)	Roasted Potatoes, Peppers & Onions (G)	Paprika Buttered Potatoes (G)	Garlic and Soy Potatoes (G)
Starchy Side (vegetable)	Fried Chinese Egg Rolls (R)	Hush Puppies (R)	Corn on the Cob (G)	—	—	—	—
Legumes	—	Refried Beans with Cheese (Y)	Red Beans with Rice (G)	Savory Style Beans (G)	—	—	—

WEEK 1: LUNCH							
Soup	Egg Drop Soup (G)	Zesty Bean Soup (G)	Light Corn Chowder (Y)	Lentil Vegetable Soup (G)	Vegetable Soup (G)	Split Pea Soup with Ham (G)	French Onion Soup (Y)
Side Salad	Chef's Salad (R)	Mexican Cole Slaw (G)	German Style Tomato Salad (R)	Deviled Potato Salad (R)	Chef's Salad (R)	Pasta Salad (Y)	Potato Salad (G)
Dessert	—	—	—	—	—	Lemon Sponge Cake (Y)	Protein Bomb Blondies (Y)
Daily Bars	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	Short Order	Short Order	Short Order	Short Order	Short Order	Short Order	Short Order
	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert
	Deli	Deli	Deli	Deli	Deli	Deli	Deli
	Beverage	Beverage	Beverage	Beverage	Beverage	Beverage	Beverage
Rotating/ Theme Bars	See Specialty Bar Menu for options						

WEEK 1: DINNER							
Main/Hotline							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Supper	SUNDAY Supper
Entrée	Rosemary Roast Pork Tenderloin (G)	Beef Bulgogi (G)	Grilled Salmon (G)	Baked Chicken (Y)	Chicken Cacciatore (8 Pc) (G)	Vegetable Lasagna (Y)	Cajun Spiced Baked Cod (G)
Entrée	Grilled Bratwurst (R)	Chinese Five-Spice Chicken (Y)	Chicken and Gravy (Y)	Creole Macaroni (Beef and Multigrain Pasta) (G)	Fettucini Alfredo (Y)	Pork Chops with Apples (G)	Baked Chicken and Noodles (Y)
Entrée	—	—	—	—	—	Baked Stuffed Flounder (Y)	Veal Parmesan (R)
Entrée (carved)	—	—	—	—	—	Roast Beef (Y)	Baked Ham (Y)
Non-starchy Side	Roasted Brussels Sprouts (G)	Steamed Broccoli (G)	Roasted Summer Squash (G)	Buffalo Roasted Cauliflower (Y)	Mixed Vegetables (G)	Green Bean Niçoise (G)	Steamed Carrots (G)

WEEK 1: DINNER

Non-starchy Side	Sautéed Spinach (G)	Roasted Summer Squash (G)	Brussels Sprouts Parmesan (G)	French Style Green Beans (G)	Herbed Green Beans (Y)	Sautéed Cabbage with Bacon (Y)	Broccoli Parmesan (G)
Non-starchy Side	Sautéed Peppers and Onions (G)	—	—	—	Marinara Sauce (G)	Brussels Sprouts Parmesan (G)	—
Starchy Side	Rice Pilaf (Y)	Oriental Rice (Y)	Rice Pilaf (Y)	Orange Rice (Y)	Whole Wheat Spaghetti (G)	Brown Rice (G)	Spinach, Tomato & Onion Orzo (Y)
Starchy Side (potato)	Roasted Sweet Potato Wedges (G)	Garlic and Soy Potatoes (G)	Rosemary Roasted Potato Wedges (G)	Scalloped Potatoes (G)	Parsley Buttered Potatoes (G)	Mashed Potatoes (G)	Rissole Potatoes (R)
Starchy Side	—	—	—	—	White Spaghetti (Y)	Glazed Sweet Potatoes (Y)	Mashed Potatoes (G)
Legumes	—	—	Peas with Carrots (G)	—	—	Lima Beans (G)	—
Soup	Cream of Mushroom Soup (Y)	Potato, Kale & White Bean Soup (G)	Beef and Barley Soup (G)	Chicken & Rice Soup (Y)	Minestrone Soup (G)	Potato, Kale & White Bean Soup (G)	Cream of Broccoli Soup (Y)
Soup	—	—	—	—	—	Split Pea Soup with Ham (G)	Chicken Noodle Soup (Y)
Side Salad	Pasta Salad (Y)	Red Bean Salad (G)	Deviled Potato Salad (R)	Barley Salad (G)	Orzo with Lemon and Herbs (Y)	Cobb Salad (R)	Potato Salad (G)
Dessert	—	—	—	—	—	Mixed Berry Parfait (G)	Bread Pudding with Raisins (R)
Daily Bars	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	Short Order	Short Order	Short Order	Short Order	Short Order	Short Order	Short Order
	Deli	Deli	Deli	Deli	Deli	Deli	Deli
	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert
	Beverage	Beverage	Beverage	Beverage	Beverage	Beverage	Beverage
Rotating/ Theme Bars	See Specialty Bar Menu for options					—	—

WEEK 2: LUNCH

Main/Hotline							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Brunch	SUNDAY Brunch
Entrée	Grilled Salmon (G)	Mexican Chicken Breast (G)	Creole Spiced Cod (G)	Chicken Cacciatore (8 Pc) (G)	Baked Breaded Cod (G)	Pineapple Chicken (8 Pc) (G)	Shrimp Chow Mein (G)
Entrée	Roast Beef (Y)	Mexican Pepper Steak (G)	BBQ Baked Chicken (8 Pc) (Y)	Meatloaf (Y)	Baked Chicken (8 Pc) (Y)	Beef Stew (Y)	Sweet and Sour Chicken (Y)
Entrée (casserole-type)	Baked Chicken and Noodles (G or Y)	Chicken Enchiladas (Y)	Baked Whole Grain Macaroni and Cheese (entrée portion) (G)	Vegetable Lasagna (Y)	Creole Macaroni (G)	—	—
Entrée (carved)	—	—	—	—	—	Roast Turkey (G)	Baked Ham (Y)
Non-starchy Side	Roasted Carrots (G)	Sautéed Spinach (G)	Roasted Carrots (G)	Peas with Carrots (G)	Green Beans with Orange Herb Vinaigrette (G)	Roasted Asparagus (G)	Japanese Vegetable Stir Fry (G)
Non-starchy Side	Sautéed Cabbage with Bacon (Y)	—	Southern Style Collard Greens (R)	Broccoli Au Gratin (Y)	Cauliflower Au Gratin (Y)	Brussels Sprouts Parmesan (G)	Sweet and Sour Cabbage (Y)
Starchy Side (potato)	Baked Potato Rounds (R)	Roasted Sweet Potato Wedges (G)	Marshmallow Sweet Potatoes (Y)	Scalloped Potatoes (G)	Oven Browned Potatoes (G)	O'Brien Potatoes (R)	Garlic Roasted Potato Wedges (G)
Starchy Side	Herbed Brown Rice (G)	Mexican Rice (Y)	Corn on the Cob (G)	White Spaghetti (Y)	Herbed White Rice (Y)	Steamed Rice (Y)	Pork Fried Rice (Y)
Legumes	—	Southwestern Baked Beans (G)	Red Beans with Rice (G)	—	Peas (G)	Peas with Carrots (G)	—
Soup	Cream of Broccoli Soup (Y)	Zesty Bean Soup (G)	Italian Wedding Soup (Y)	Lentil Vegetable Soup (G)	Cream of Carrot Soup (Y)	Chicken Noodle Soup (Y)	Vegetable Soup (G)
Side Salad	Waldorf Salad (Y)	Mexican Cole Slaw (G)	Italian Style Pasta Salad (Y)	Deviled Potato Salad (R)	Cucumber Onion Salad (G)	Pasta Salad (Y)	Potato Salad (G)
Dessert	—	—	—	—	—	Spiced Chocolate Cake (Y)	Mixed Berry Parfait (G)

WEEK 2: LUNCH							
Daily Bars	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	Short Order	Short Order	Short Order	Short Order	Short Order	Short Order	Short Order
	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert
	Deli	Deli	Deli	Deli	Deli	Deli	Deli
	Beverage	Beverage	Beverage	Beverage	Beverage	Beverage	Beverage
Rotating/ Theme Bars	See Specialty Bar Menu for options					—	—

WEEK 2: DINNER							
Main/Hotline							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Supper	SUNDAY Supper
Entrée	Pork Chops with Apples (G)	Citrus Herb Chicken Breast (G)	Honey Mustard Chicken Breast (G)	Creole Spiced Chicken Quarters (Y)	Sesame Chicken Breast (G)	Chicken Pot Pie (G)	Chili Mac Casserole (G)
Entrée	Pollock with Garlic Butter (Y)	Beef Stew (Y)	Beef Stroganoff (Y)	Cajun Salmon with Pineapple Salsa (G)	Pepper Steak (Y)	Swedish Meatballs (with Egg Noodles) (Y)	BBQ Chicken (Y)
Entrée	—	—	—	—	—	Almond Crusted Cod (Y)	BBQ Roast Pork Loin (Y)
Entrée (carved)	—	—	—	—	—	Roast Beef (Y)	Roast Beef (Y)
Non-starchy Side	Green Bean Combo (G)	Brussels Sprouts Parmesan (G)	Squash and Carrot Medley (G)	Steamed Carrots (G)	Sautéed Spinach (G)	Steamed Carrots (G)	Green Beans Southern Style (R)
Non-starchy Side	French Fried Okra (R)	Roasted Summer Squash (G)	Roasted Broccoli (G)	Roasted Asparagus (G)	Vegetable Stir Fry (G)	Herbed Green Beans (G)	Not Your Grandma's Southern Collard Greens (G)
Non-starchy Side	—	—	—	—	—	—	French Fried Okra (R)
Starchy Side	Vegetable Fried Rice (Y)	Lyonnais Rice (Y)	Rice Pilaf (Y)	Dirty Rice Mix (Y)	Filipino Rice (Y)	Egg Noodles (Y)	Steamed Rice (Y)

WEEK 2: DINNER							
Starchy Side (potato)	Mashed Potatoes (G)	Oven Browned Potatoes (G)	Cottage Fried Potatoes (G)	Home Fried Potatoes (G)	Sesame Roasted Sweet Potatoes (G)	Mashed Potatoes (G)	Franconia Potatoes (G)
Starchy Side	—	—	—	—	—	O'Brien Potatoes (R)	Hot Glazed Sweet Potatoes (Y)
Legumes	Succotash (G)	—	Simmered Pinto Beans (G)	Caribbean Black Beans (G)	Peas with Mushrooms (G)	—	—
Soup	French Onion Soup (Y)	Beef Barley Soup (G)	Creole Soup (G)	Potato, Kale & White Bean Soup (G)	Chicken & Rice Soup (Y)	Curried Vegetable Soup (G)	Light Corn Chowder (Y)
Soup	—	—	—	—	—	Loaded Baked Potato Soup (R)	Southwestern Pumpkin Soup (G)
Side Salad	Broccoli Salad (Y)	Vegetable Salad (G)	Barley Salad (G)	Potato Salad (G)	Carrot Salad (G)	Pasta Salad (Y)	Three Bean Salad (G)
Dessert	—	—	—	—	—	Peach Crisp (Y)	Abracadabra Bars with Chocolate Chips (Y)
Daily Bars	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	Short Order	Short Order	Short Order	Short Order	Short Order	Short Order	Short Order
	Deli	Deli	Deli	Deli	Deli	Deli	Deli
	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert
	Beverage	Beverage	Beverage	Beverage	Beverage	Beverage	Beverage
Rotating / Theme Bars	See Specialty Bar Menu for options					—	—

WEEK 3: LUNCH							
Main/Hotline							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Brunch	SUNDAY Brunch
Entrée	Salmon with Herb Vinaigrette (G)	Three Bean Tacos (G)	Cajun Spiced Baked Flounder (G)	Savory Baked Chicken Breast (G)	Pasta Provencal (whole grain or white) (G or Y)	Mustard Dill Baked Cod (G)	Chicken Cacciatore (8 Pc) (G)

WEEK 3: LUNCH

Entrée	Honey Glazed Cornish Hens (Y)	Mexican Chicken Quarters (Y)	Southern Fried Chicken (R)	Italian Sausage (R)	French Fried Fish Portions (R)	Oriental Pepper Steak (Y)	Meatloaf (Y)
Entrée (casserole-type)	Swedish Meatballs (with Egg Noodles) (Y)	Stacked Chicken Enchiladas (G)	Creole Macaroni (G)	Eggplant Lasagna with Noodles (Y)	Chicken Pot Pie (G)	—	—
Entrée (carved)	—	—	—	—	—	Roast Turkey (G)	Roast Beef (Y)
Non-starchy Side	Sautéed Cabbage with Bacon (Y)	Roasted Zucchini (G)	Southern Style Collard Greens (R)	Steamed Carrots (G)	Broccoli Au Gratin (Y)	Oriental Stir Fry Cabbage (G)	Broccoli Au Gratin (Y)
Non-starchy Side	California Blend (G)	Steamed Broccoli (G)	Roasted Zucchini (G)	Roasted Brussels Sprouts (G)	Sautéed Garlic Spinach (G)	Sautéed Asparagus (G)	Mixed Vegetables (G)
Non-starchy Side	—	—	—	Marinara Sauce (G)	—	—	—
Starchy Side	Egg Noodles (Y)	Mexican Brown Rice (G)	Southwestern Rice (Y)	Elbow Pasta (Multigrain or whole grain) (G)	Brown Rice (G)	White Rice (Y)	Rice Pilaf (Y)
Starchy Side (potato)	Baked Potato Halves (G)	Oven Brownd Potatoes (G)	Candied Sweet Potatoes (R)	Lyonnais Potatoes (G)	Mashed Potatoes (G)	Roasted Sweet Potato Wedges (G)	Franconia Potatoes (G)
Starchy Side	—	—	French Fried Okra (R)	—	—	—	Pasta (Y)
Legumes	—	Refried Beans with Cheese (Y)	Red Beans with Rice (G)	—	Peas (G)	—	—
Soup	Cream of Mushroom Soup (Y)	Zesty Bean Soup (G)	Vegetable Soup (G)	Lentil Vegetable Soup (G)	Chicken and Dumpling Soup (Y)	Turkey Lentil Chili (G)	Potato, Kale & White Bean Soup (G)
Side Salad	Potato Salad (G)	Mexican Cole Slaw (G)	Macaroni Salad (Multigrain pasta) (G)	Deviled Potato Salad (R)	Pasta Salad (Y)	Bean Salad with Asian Dressing (G)	Cranberry Almond Broccoli Salad (no bacon) (Y)
Dessert	—	—	—	—	—	Lemon Chickpea Cake (Y)	Pumpkin Chocolate Chip Pecan Bars (Y)

WEEK 3: LUNCH							
Daily Bars	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	Short Order	Short Order	Short Order	Short Order	Short Order	Short Order	Short Order
	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert
	Deli	Deli	Deli	Deli	Deli	Deli	Deli
	Beverage	Beverage	Beverage	Beverage	Beverage	Beverage	Beverage
Rotating/ Theme Bars	See Specialty Bar Menu for options					—	—

WEEK 3: DINNER							
Main/Hotline							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Supper	SUNDAY Supper
Entrée	Honey Mustard Chicken Breast (G)	Sesame Chicken Breast (G)	Yankee Pot Roast (G)	Sesame Crusted Salmon (G)	Southwest Vegetable Stuffed Green Peppers (G)	Swedish Meatballs (with Egg Noodles) (Y)	Herbed Baked Flounder (G)
Entrée	Pork Chops with Apples (Y)	Tempura Fried Fish (R)	Almond Crusted Cod (Y)	Creole Chicken Quarters (Y)	Stacked Chicken Enchiladas (G)	Herbed Chicken Quarters (Y)	Chicken Breast Parmesan (G)
Entrée	—	—	—	—	—	Roast Pork Tenderloin (G)	Italian Rice and Beef (G)
Entrée (carved)	—	—	—	—	—	Roast Beef (Y)	Baked Ham (Y)
Non-Starchy Side	Herbed Broccoli (G)	Steamed Carrots (G)	Steamed Carrots (G)	Steamed Carrots (G)	Sautéed Spinach (G)	Sautéed Spinach (G)	Roasted Carrots (G)
Non-Starchy Side	Roasted Cauliflower (G)	Ginger Glazed Carrots (Y)	Cauliflower Au Gratin (Y)	Vegetables Tempura (R)	Steamed Cauliflower (G)	Roasted Zucchini (G)	Brussels Sprouts Parmesan (G)
Non-Starchy Side	—	—	—	—	—	Roasted Carrots (G)	Marinara Sauce (G)
Starchy Side	Lyonnaise Brown Rice (G)	White Rice (Y)	Orzo with Lemon and Herbs (Y)	Rice Pilaf (Y)	Mexican Brown Rice (G)	Egg Noodles (Y)	Pasta (Y)
Starchy Side (potato)	Baked Sweet Potatoes (G)	Sesame Roasted Sweet Potatoes (G)	Cottage Fried Potatoes (G)	Baked Potatoes (G)	Rosemary Roasted Potato Wedges (G)	Baked Potato Halves (G)	Mashed Potatoes (G)

WEEK 3: DINNER							
Starchy Side	—	—	—	—	—	Candied Sweet Potatoes (R)	Oven Browned Potatoes (G)
Legumes	Lima Beans (G)	—	—	—	Refried Beans (G)	—	—
Soup	Cream of Broccoli Soup (Y)	French Onion Soup (Y)	Vegetable Soup (G)	Potato, Kale & White Bean Soup (G)	Vegetable Soup (G)	Beef Barley Soup (G)	Tortellini Soup (Y)
Soup	—	—	—	—	—	New England Clam Chowder (R)	Herbed Tomato and Red Lentil Soup (G)
Side Salad	Cranberry Almond Broccoli Salad (no bacon) (Y)	Apple, Celery & Raisin Salad (Y)	Barley Salad (G)	Cole Slaw (Y)	Orzo with Lemon and Herbs (Y)	Italian Style Pasta Salad (Y)	Cucumber Onion Salad (G)
Dessert	—	—	—	—	—	Carrot Cake (Y)	Baked Rice Pudding (R)
Daily Bars	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	Short Order	Short Order	Short Order	Short Order	Short Order	Short Order	Short Order
	Deli	Deli	Deli	Deli	Deli	Deli	Deli
	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert
	Beverage	Beverage	Beverage	Beverage	Beverage	Beverage	Beverage
Rotating / Theme Bars	See Specialty Bar Menu for options					—	—

SPECIALTY BARS

Follow Service guidance to include certain serving bars and stations daily to provide more options for diners. As space and staffing allow, include Specialty Bars as part of rotating menu offerings for more variety.

Refer to G4G Program Requirement Guidelines for Specialty Bar menu options: <https://www.hprc-online.org/nutrition/go-green/g4g-getting-started/menus-and-guidelines>

FREQUENCY	SPECIALTY BAR
Breakfast	
Daily	Breakfast/Fitness Bar
	Omelet/Eggs-to-Order Bar
Rotating/Theme (optional)	Griddle Bread (Pancake/Waffle/French Toast) Bar
Lunch & Dinner	
Daily	Beverage/Hydration Station
	Deli/Sandwich Bar
	Dessert Bar
	Salad Bar
Rotating/Theme (optional)	Burger Bar
	Burrito Bar
	Mediterranean Bar
	Mongolian Bar
	Pasta Bar
	Potato Bar
	Sausage Bar
	Taco Bar

Specialty Bar

SAMPLE 7-DAY MENU							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Brunch	SUNDAY Brunch
BREAKFAST							
Daily Bars	Fitness/ Breakfast Bar Omelet/ Eggs-to- Order Bar	Fitness/ Breakfast Bar Omelet/ Eggs-to- Order Bar	Fitness/ Breakfast Bar Omelet/ Eggs-to- Order Bar	Fitness/ Breakfast Bar Omelet/ Eggs-to- Order Bar	Fitness/ Breakfast Bar Omelet/ Eggs-to- Order Bar	Fitness/ Breakfast Bar Omelet/ Eggs-to- Order Bar	Fitness/ Breakfast Bar Omelet/ Eggs-to- Order Bar
Rotating/ Theme Bars	Griddle Bread Bar	Griddle Bread Bar	Griddle Bread Bar	Griddle Bread Bar	Griddle Bread Bar	Griddle Bread Bar	Griddle Bread Bar
LUNCH & DINNER							
Daily Bars	Deli Bar Salad Bar Short Order Dessert Bar Beverage Bar/ Hydration Station	Deli Bar Salad Bar Short Order Dessert Bar Beverage Bar/ Hydration Station	Deli Bar Salad Bar Short Order Dessert Bar Beverage Bar/ Hydration Station	Deli Bar Salad Bar Short Order Dessert Bar Beverage Bar/ Hydration Station	Deli Bar Salad Bar Short Order Dessert Bar Beverage Bar/ Hydration Station	Deli Bar Salad Bar Short Order Dessert Bar Beverage Bar/ Hydration Station	Deli Bar Salad Bar Short Order Dessert Bar Beverage Bar/ Hydration Station
Rotating/ Theme Bars	Mongolian Bar	Pasta Bar	Potato Bar	Taco Bar	Burrito Bar	—	—

Short Order/Grill

SAMPLE 7-DAY MENU							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Brunch	SUNDAY Brunch
Entrée <i>(lean option)</i>	Grilled Cajun Chicken Breast (G)	Grilled Caribbean Chicken Breast (G)	Grilled Salmon (G)	Grilled Cajun Chicken Breast (G)	Grilled Caribbean Chicken Breast (G)	Grilled Salmon (G)	Grilled Chicken Breast (G)
Entrée <i>*made with whole wheat buns/bread; white buns/ bread upon request</i>	Tuna Melt (Y or R)	Oven Fried Chicken Nuggets (R)	Hot dogs (Y or R)	Oven Fried Chicken Nuggets (R)	Salmon Burger (G)	Sloppy Joe (G or Y)	Grilled Mild Italian Sausage on Whole Wheat (G)
Entrée	Chili (G)	Chili (G)	Chili (G)	Chili (G)	Chili (G)	Chili (G)	Chili (G)

SAMPLE 7-DAY MENU

Entrée <i>(vegetarian)</i>	Grilled Portobello Mushroom (G)	Black Bean Burger on Whole Wheat Bun (G)	Vegetarian Hearty Burger on Whole Wheat Bun (G)	Black Bean Quesadilla (G)	Grilled Portobello Mushroom (G)	Black Bean and Sweet Potato Burrito (G)	Black Bean Quesadilla (G)
Entrée <i>(upon request)</i>	Grilled Hamburger/Cheese-burger (Y or R)	Grilled Hamburger/Cheese-burger (Y or R)	Grilled Hamburger/Cheese-burger (Y or R)	Grilled Hamburger/Cheese-burger (Y or R)	Grilled Hamburger/Cheese-burger (Y or R)	Grilled Hamburger/Cheese-burger (Y or R)	Grilled Hamburger/Cheese-burger (Y or R)
Entrée <i>(upon request)</i> <i>*made with whole wheat bread; white bread upon request</i>	Grilled Cheese/ Grilled Ham and Cheese on Wheat Bread (Y or R)	Grilled Cheese/ Grilled Ham and Cheese on Wheat Bread (Y or R)	Grilled Cheese/ Grilled Ham and Cheese on Wheat Bread (Y or R)	Grilled Cheese/ Grilled Ham and Cheese on Wheat Bread (Y or R)	Grilled Cheese/ Grilled Ham and Cheese on Wheat Bread (Y or R)	Grilled Cheese/ Grilled Ham and Cheese on Wheat Bread (Y or R)	Grilled Cheese/ Grilled Ham and Cheese on Wheat Bread (Y or R)
Non-starchy Side	Steamed Carrots (G)	Steamed Green Beans (G)	Sautéed Spinach (G)	Roasted Zucchini (G)	Sautéed Spinach (G)	Steamed Broccoli (G)	Sautéed Peppers and Onions (G)
Starchy Side	Baked Beans (G)	Rosemary Roasted Potato Wedges (G)	Baked Beans (G)	Roasted Sweet Potato Wedges (G)	Baked Beans (G)	Oven Brownded Potatoes (G)	Roasted Sweet Potato Wedges (G)
Side	French Fries (R)	Onion Rings (R)	French Fries (R)	Onion Rings (R)	French Fries (R)	Onion Rings (R)	French Fries (R)
Side <i>(optional)</i>	Buffalo Roasted Cauliflower (Y)	Nachos (R)	Buffalo Roasted Cauliflower (Y)	Nachos (R)	Buffalo Roasted Cauliflower (Y)	Nachos (R)	Buffalo Roasted Cauliflower (Y)

**AFRS RECIPES WITH G4G COLOR & SODIUM CODES:
BREAKFAST**

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
APPLE BEAR CLAW	D-039-01	RED	LOW
APPLESAUCE CINNAMON CRUMB TOP MUFFIN	D-507-00	YELLOW	LOW
BACON (OVEN)	L-002-00	RED	MODERATE
BAKING POWDER BISCUITS	D-001-00	YELLOW	MODERATE
BANANA OAT PANCAKES	D-025-50	GREEN	MODERATE
BEIGNET	D-019-01	RED	LOW
BLACK BEAN SOUP	P-303-00	GREEN	HIGH
BLUEBERRY PANCAKES	D-025-02	YELLOW	MODERATE
BRAISED PORK CHOPS	L-085-00	GREEN	LOW
CANADIAN BACON (GRILLED)	L-002-03	YELLOW	MODERATE
CHERRY BEAR CLAW	D-039-50	RED	LOW
CHICKEN BREAKFAST SAUSAGE PATTIES	—	RED	MODERATE
CHILI CON CARNE	L-028-00	GREEN	MODERATE
CORN BREAD	D-014-00	YELLOW	MODERATE
COTTAGE FRIED POTATOES	Q-046-01	GREEN	LOW
CREAMED GROUND BEEF	L-030-00	YELLOW	MODERATE
CREAMED GROUND TURKEY	L-030-01	GREEN	MODERATE
CREOLE SHRIMP WITH BROWN RICE	L-136-50	GREEN	HIGH
FRENCH TOAST	D-022-00	YELLOW	MODERATE
GRILLED OR BAKED CHICKEN BREAST	L-305-00	GREEN	LOW
GRILLED HAM SLICE (CANNED)	L-071-03	YELLOW	HIGH
HARD BOILED EGGS	F-004-00	YELLOW	LOW
HASHED BROWN POTATOES (FROZEN, SHREDDED)	Q-046-02	YELLOW	LOW
HERBED TOMATO AND RED LENTIL SOUP	P-305-00	GREEN	LOW
HOME FRIED POTATOES	Q-047-00	GREEN	LOW
ITALIAN RICE (WHITE) AND TURKEY	L-205-51	GREEN	HIGH
ITALIAN RICE (BROWN) AND TURKEY	L-205-52	GREEN	HIGH
LENTIL VEGETABLE SOUP	P-027-00	GREEN	MODERATE

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
OATMEAL	E-001-00	GREEN	LOW
OVEN BROWNED POTATOES	Q-050-00	GREEN	LOW
PORK SAUSAGE LINKS (GRILLED)	L-091-00	RED	MODERATE
POTATO, KALE & WHITE BEAN SOUP	P-307-00	GREEN	LOW
PUMPKIN BREAD	D-011-00 D-011-50	RED YELLOW	LOW LOW
QUICK COFFEE CAKE	D-037-05	YELLOW	LOW
RASPBERRY STREUSEL	D-301-00	YELLOW	LOW
RED BEANS WITH WHITE RICE	E-010-00	GREEN	MODERATE
RED BEANS WITH BROWN RICE	E-010-50	GREEN	MODERATE
ROASTED CARROTS (FROZEN)	Q-108-51	GREEN	MODERATE
SAUSAGE GRAVY	—	YELLOW	HIGH
SAUTÉED MUSHROOMS	Q-030-00	GREEN	HIGH
SAUTÉED SPINACH (FROZEN)	Q-121-50	GREEN	HIGH
SCRAMBLED EGGS	F-010-00	YELLOW	LOW
SIMMERED DRY BEANS (BLACK)	Q-005-51	GREEN	MODERATE
SMASHED BLACK BEANS	Q-303-00	GREEN	HIGH
SOUTHWESTERN BAKED BEANS	Q-330-00	GREEN	LOW
SOUTHWESTERN SHRIMP	L-302-00	GREEN	HIGH
SPANISH STYLE PINTO BEANS	Q-006-00	GREEN	MODERATE
STEAMED BROCCOLI (FROZEN)	Q-105-00	GREEN	LOW
STEAMED GREEN BEANS (FRESH/FROZEN)	Q-309-00 Q-309-01	GREEN GREEN	LOW LOW
SWEET POTATO BISCUITS	D-001-53	RED	MODERATE
SWEET POTATO HOME FRIES	Q-318-00	GREEN	HIGH
SYRUP	—	YELLOW	LOW
TEXAS HASH WITH BEEF AND BROWN RICE	L-061-50	GREEN	LOW
TEXAS HASH WITH TURKEY AND BROWN RICE	L-061-51	GREEN	LOW
TOMATO SOUP	P-006-00	YELLOW	HIGH
TURKEY BACON (OVEN)	L-515-00	RED	MODERATE

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
TURKEY LENTIL CHILI	P-304-00	GREEN	HIGH
TURKEY SAUSAGE LINKS (BAKED)	L-200-01	RED	LOW
VEGETABLE CURRY WITH RICE	T-203-00	GREEN	MODERATE
WAFFLES	D-025-08	YELLOW	MODERATE
WHITE RICE (LONG GRAIN, OVEN)	E-005-01	YELLOW	LOW
WHOLE GRAIN DROP BISCUITS	D-001-52	YELLOW	MODERATE
WHOLE GRAIN FRENCH TOAST	D-022-50	GREEN	MODERATE
WHOLE WHEAT PANCAKES	D-025-09	GREEN	MODERATE

**AFRS RECIPES WITH G4G COLOR AND SODIUM CODES:
LUNCH & DINNER**

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
ABRACADABRA BARS WITH CHOCOLATE CHIPS	H-025-50	YELLOW	LOW
ALMOND CRUSTED COD	L-119-06	YELLOW	MODERATE
APPLE, CELERY & RAISIN SALAD	M-050-01	YELLOW	LOW
BAKED BEANS	NA	GREEN	HIGH
BAKED CHICKEN (8PC)	L-143-00	YELLOW	HIGH
BAKED CHICKEN AND NOODLES	L-144-51	YELLOW	HIGH
	L-144-01	YELLOW	HIGH
CHICKEN CACCIATORE (8 PC OR BONELESS)	L-148-00	GREEN	HIGH
	L-148-50	GREEN	MODERATE
BAKED HAM	L-069-00	YELLOW	HIGH
BAKED MACARONI AND CHEESE	F-001-00	RED	HIGH
BAKED POTATO HALVES	Q-044-01	GREEN	LOW
BAKED POTATO ROUNDS (PRECOOKED)	Q-045-06	RED	LOW
BAKED POTATOES	Q-044-00	GREEN	LOW
BAKED RICE PUDDING	J-015-00	RED	LOW
BAKED STUFFED FLOUNDER	L-120-00	YELLOW	MODERATE
BAKED SWEET POTATOES	Q-066-00	GREEN	LOW
BAKED TUNA AND NOODLES (WHITE NOODLES, ALBACORE TUNA)	L-133-00	YELLOW	HIGH
BAKED WHOLE GRAIN MACARONI CHEESE	T-002-00	GREEN	HIGH
BARBECUE RIBS	L-092-00	RED	HIGH
BARLEY SALAD	M-311-00	GREEN	MODERATE
BBQ BAKED CHICKEN (8 PC, RTU SAUCE)	L-146-01	YELLOW	HIGH
BBQ CHICKEN	L-146-01	YELLOW	HIGH
BBQ ROAST PORK LOIN	L-081-02	YELLOW	MODERATE
BEAN SALAD WITH ASIAN DRESSING	M-309-00	GREEN	LOW
BEEF BARLEY SOUP	KNORR	GREEN	MODERATE
BEEF BULGOGI	L-341-00	GREEN	HIGH
BEEF STEW	L-022-00	YELLOW	MODERATE

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
BEEF STROGANOFF	L-053-00	YELLOW	MODERATE
BLACK BEAN AND SWEET POTATO BURRITO	N-312-00	GREEN	HIGH
BLACK BEAN BURGER ON WHOLE WHEAT BUN	N-315-01	GREEN	MODERATE
BLACK BEAN QUESADILLA	N-311-00	GREEN	MODERATE
BRAISED PORK CHOPS	L-085-00	GREEN	MODERATE
BREAD PUDDING WITH RAISINS	J-016-00	RED	LOW
BAKED BREADED COD	L-119-63	GREEN	LOW
BROCCOLI AU GRATIN (FROZEN)	Q-018-51	YELLOW	MODERATE
BROCCOLI PARMESAN (FRESH)	Q-024-50	GREEN	MODERATE
BROCCOLI SALAD	M-504-00	YELLOW	MODERATE
BROWN RICE (CONVENTIONAL, STEAMER)	E-006-53	GREEN	LOW
BROWN RICE (LONG GRAIN, SJK)	E-005-05	GREEN	LOW
BRUSSELS SPROUTS PARMESAN (FRESH)	Q-024-51	GREEN	MODERATE
BUFFALO ROASTED CAULIFLOWER (FRESH)	Q-313-00	YELLOW	MODERATE
CAJUN SALMON WITH PINEAPPLE SALSA	L-321-00	GREEN	MODERATE
CAJUN SPICED BAKED COD	L-119-53	GREEN	MODERATE
CAJUN SPICED BAKED FLOUNDER	L-119-61	GREEN	MODERATE
CALIFORNIA BLEND (FROZEN)	Q-310-00	GREEN	LOW
CANDIED SWEET POTATOES (CANNED)	Q-067-00	RED	MODERATE
CARIBBEAN BLACK BEANS	Q-301-00	GREEN	MODERATE
CARIBBEAN SPICED CATFISH	L-185-50	YELLOW	MODERATE
CARROT AND CELERY AMANDINE (FROZEN)	Q-016-50	YELLOW	LOW
CARROT CAKE	G-306-00	YELLOW	LOW
CARROT SALAD	M-005-00	GREEN	MODERATE
CAULIFLOWER AU GRATIN (FROZEN)	Q-018-00	YELLOW	MODERATE
CHEESEBURGER	N-012-01	RED	MODERATE
CHEF'S SALAD	M-007-00	RED	LOW
CHICKEN & RICE SOUP	KNORR	YELLOW	HIGH
CHICKEN À LA KING (COOKED DICED)	L-147-00	GREEN	MODERATE
CHICKEN AND DUMPLING SOUP	KNORR	YELLOW	HIGH

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
CHICKEN BREAST PARMESAN (BONELESS)	L-051-50	GREEN	MODERATE
CHICKEN CACCATORIE (8 PC)	L-148-00	GREEN	HIGH
CHICKEN CHOW MEIN (COOKED DICED)	L-160-00	GREEN	HIGH
CHICKEN ENCHILADAS	L-003-01	YELLOW	HIGH
CHICKEN NOODLE SOUP	KNORR	YELLOW	HIGH
CHICKEN POT PIE (CANNED)	L-150-01	GREEN	MODERATE
CHICKEN AND GRAVY	L-149-00	YELLOW	MODERATE
CHILI	L-028-00	GREEN	MODERATE
CHILI MAC CASSEROLE	L-028-02	GREEN	HIGH
CHINESE FIVE-SPICE CHICKEN	L-153-00	YELLOW	MODERATE
CITRUS HERB CHICKEN BREAST	L-210-00	GREEN	LOW
COBB SALAD	M-030-00	RED	HIGH
COLE SLAW	M-009-00	YELLOW	MODERATE
CORN O'BRIEN (CANNED)	Q-027-01	YELLOW	MODERATE
CORN ON THE COB (FROZEN)	Q-111-00	GREEN	LOW
CORN ON THE COB (FRESH)	Q-111-02	GREEN	LOW
COTTAGE FRIED POTATOES	Q-046-01	GREEN	LOW
CRANBERRY ALMOND BROCCOLI SALAD (NO BACON)	M-504-51	YELLOW	MODERATE
CREAM CHEESE FROSTING	G-027-00	RED	LOW
CREAM OF BROCCOLI SOUP	KNORR	YELLOW	MODERATE
CREAM OF CARROT SOUP	KNORR	YELLOW	MODERATE
CREAM OF MUSHROOM SOUP	P-014-00	YELLOW	LOW
CREAM OF POTATO SOUP	P-015-00	GREEN	LOW
CREOLE CHICKEN QUARTERS	L-154-50	YELLOW	MODERATE
CREOLE MACARONI (BEEF AND MULTIGRAIN PASTA)	L-064-50	GREEN	HIGH
CREOLE MACARONI (TURKEY)	L-064-01	GREEN	HIGH
CREOLE SOUP (WHITE RICE)	P-003-00	GREEN	HIGH
CREOLE SOUP (BROWN RICE)	P-003-50	GREEN	HIGH
CREOLE SPICED CHICKEN QUARTERS	L-154-50	YELLOW	MODERATE
CREOLE SPICED COD	L-135-55	GREEN	MODERATE
CUCUMBER ONION SALAD	M-015-00	GREEN	LOW

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
CURRIED VEGETABLE SOUP	P-0280-00	GREEN	LOW
DEVILED POTATO SALAD	M-040-01	RED	MODERATE
DIRTY RICE MIX	E-807-00	YELLOW	MODERATE
EGG DROP SOUP	P-803-00	GREEN	MODERATE
EGG NOODLES	E-004-01	YELLOW	LOW
EGGPLANT LASAGNA WITH NOODLES	T-301-00	YELLOW	HIGH
ELBOW PASTA (MULTIGRAIN OR WHOLE GRAIN)	E-004-53	GREEN	LOW
ELBOW PASTA (WHITE)	E-004-02	YELLOW	LOW
FETTUCINI ALFREDO	T-001-00	YELLOW	LOW
FILIPINO RICE	E-007-02	YELLOW	HIGH
FRANCONIA POTATOES	Q-050-01	GREEN	LOW
FRENCH FRIED CAULIFLOWER	Q-020-00	RED	MODERATE
FRENCH FRIED FISH PORTIONS	L-124-02	RED	LOW
FRENCH FRIED OKRA (FROZEN)	Q-020-01	RED	MODERATE
FRENCH FRIES	Q-045-02	RED	MODERATE
FRENCH ONION SOUP	P-044-01	YELLOW	HIGH
FRENCH STYLE GREEN BEANS (FROZEN)	Q-101-03	GREEN	LOW
FRIED CHINESE EGG ROLLS	B-002-01	RED	MODERATE
GARLIC ROASTED POTATO WEDGES	Q-070-00	GREEN	LOW
GARLIC AND SOY POTATOES	Q-319-00	GREEN	MODERATE
GERMAN STYLE TOMATO SALAD	M-053-00	RED	MODERATE
GINGER GLAZED CARROTS (FRESH)	Q-017-01	YELLOW	MODERATE
GLAZED MEATLOAF	L-035-50	YELLOW	MODERATE
GLAZED SWEET POTATOES (CANNED)	Q-067-01	YELLOW	LOW
GRAVY	—	YELLOW	HIGH
GREEN BEAN COMBO (FROZEN)	Q-001-05	GREEN	LOW
GREEN BEAN NICOISE (FROZEN)	Q-007-03	GREEN	LOW
GREEN BEANS (FRESH)	Q-309-00	GREEN	LOW
GREEN BEANS SOUTHERN STYLE (FROZEN)	Q-007-04	RED	MODERATE
GREEN BEANS WITH ORANGE HERB VINAIGRETTE (FRESH)	Q-329-00	GREEN	LOW

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
GRILLED BRATWURST	L-312-05	RED	HIGH
GRILLED BRATWURST ON WHOLE WHEAT	N-306-08	YELLOW	HIGH
GRILLED CAJUN CHICKEN BREAST	L-305-02	GREEN	MODERATE
GRILLED CARIBBEAN CHICKEN BREAST	L-305-01	GREEN	MODERATE
GRILLED CHEESE ON WHITE BREAD	N-006-00	RED	MODERATE
GRILLED CHEESE ON WW BREAD	N-006-50	YELLOW	MODERATE
GRILLED CHICKEN BREAST	L-305-00	GREEN	LOW
GRILLED HAM AND CHEESE ON WW BREAD	N-006-51	RED	HIGH
GRILLED HAMBURGER	N-012-00	YELLOW	LOW
GRILLED KIELBASA ON WHOLE WHEAT	N-314-08	YELLOW	HIGH
GRILLED MILD ITALIAN SAUSAGE ON WHOLE WHEAT	N-304-08	GREEN	HIGH
GRILLED PORTOBELLO MUSHROOM	N-300-00	GREEN	MODERATE
GRILLED SALMON	L-317-00	GREEN	LOW
GROUND BEEF CORDON BLEU	L-014-00	RED	HIGH
HAM AND CHEESE ON WHITE BREAD	N-011-02	RED	HIGH
HAMBURGER	N-012-00	RED	LOW
HAWAIIAN PORK BURGER	N-316-00	YELLOW	LOW
HERBED BAKED COD	L-119-04	GREEN	MODERATE
HERBED BAKED FLOUNDER	L-119-58	GREEN	MODERATE
HERBED BROCCOLI (FROZEN)	Q-065-00	GREEN	MODERATE
HERBED BROWN RICE	E-005-59	GREEN	LOW
HERBED CHICKEN QUARTERS	L-143-54	YELLOW	MODERATE
HERBED GREEN BEANS (CANNED)	Q-026-00	YELLOW	MODERATE
HERBED GREEN BEANS (FRESH)	Q-026-50	GREEN	MODERATE
HERBED WHITE RICE	E-005-57	YELLOW	LOW
HERBED TOMATO AND RED LENTIL SOUP	P-305-00	GREEN	LOW
HOME FRIED POTATOES	Q-047-00	GREEN	LOW
HONEY GLAZED CORNISH HENS	L-142-00	YELLOW	LOW
HONEY MUSTARD CHICKEN BREAST	L-192-00	GREEN	MODERATE
HOT DOG	N-030-00	RED	MODERATE

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
HOT GLAZED SWEET POTATOES	Q-334-00	YELLOW	MODERATE
HUSH PUPPIES	D-014-02	RED	MODERATE
ISLANDER'S RICE	E-016-50	GREEN	MODERATE
ITALIAN MEATBALLS	L-353-02	YELLOW	LOW
ITALIAN RICE AND BEEF	L-205-00	GREEN	HIGH
ITALIAN SAUSAGE	L-309-04	RED	MODERATE
ITALIAN STYLE PASTA SALAD	M-029-00	YELLOW	LOW
ITALIAN WEDDING SOUP	KNORR	YELLOW	HIGH
JAPANESE VEGETABLE STIR FRY (FROZEN)	Q-073-50	GREEN	HIGH
RED BEAN SALAD	M-031-00	GREEN	MODERATE
KNICKERBOCKER SOUP	P-008-02	GREEN	HIGH
LEMON CHICKPEA CAKE	G-300-00	YELLOW	LOW
LEMON SPONGE CAKE	G-304-00	YELLOW	LOW
LENTIL VEGETABLE SOUP	P-027-00	GREEN	MODERATE
LIGHT CORN CHOWDER	P-011-00	YELLOW	MODERATE
LIMA BEANS (FROZEN)	Q-102-00	GREEN	LOW
LOADED BAKED POTATO SOUP	P-313-00	RED	HIGH
LYONNAISE POTATOES	Q-046-03	GREEN	LOW
LYONNAISE RICE (BROWN, WHITE)	E-005-68 E-005-01	GREEN YELLOW	MODERATE LOW
MACARONI SALAD (MULTIGRAIN PASTA)	M-034-50	GREEN	LOW
MARINARA SAUCE	O-004-00	GREEN	HIGH
MARSHMALLOW SWEET POTATOES (CANNED)	Q-069-02	YELLOW	LOW
MASHED POTATOES	Q-048-00	GREEN	MODERATE
MEATLOAF	L-035-00	YELLOW	MODERATE
MEXICAN BAKED CHICKEN (8 PC)	L-143-01	YELLOW	MODERATE
MEXICAN BAKED CHICKEN BREAST	L-143-04	GREEN	HIGH
MEXICAN BROWN RICE	E-011-52	GREEN	MODERATE
MEXICAN CHICKEN QUARTERS	L-143-55	YELLOW	HIGH
MEXICAN COLE SLAW	M-008-01	GREEN	MODERATE

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
MEXICAN PEPPER STEAK	L-835-00	GREEN	HIGH
MEXICAN RICE	E-011-00	YELLOW	MODERATE
MEXICAN ROASTED SWEET POTATOES	Q-321-00	GREEN	MODERATE
MINISTRONE SOUP	KNORR	GREEN	MODERATE
MIXED BERRY PARFAIT	J-302-00	GREEN	LOW
MIXED VEGETABLES (FROZEN)	Q-126-00	GREEN	LOW
MUSTARD DILL BAKED COD	L-119-05	GREEN	MODERATE
NACHOS	RTU	RED	HIGH
NEW ENGLAND CLAM CHOWDER	P-013-01	RED	MODERATE
NOODLES JEFFERSON	E-012-00	YELLOW	MODERATE
NOT YOUR GRANDMA'S SOUTHERN COLLARD GREENS	Q-316-00	GREEN	HIGH
O'BRIEN POTATOES	Q-049-00	RED	LOW
ONION RINGS (FROZEN)	Q-035-01	RED	MODERATE
ORANGE RICE	E-008-01	YELLOW	MODERATE
ORIENTAL PEPPER STEAK	L-013-01	YELLOW	LOW
ORIENTAL RICE	E-800-00	YELLOW	HIGH
ORIENTAL STIR FRY CABBAGE	Q-015-00	GREEN	MODERATE
ORZO WITH LEMON AND HERBS	E-022-00	YELLOW	HIGH
OVEN BROWNEED POTATOES	Q-050-00	GREEN	LOW
OVEN FRIED CHICKEN NUGGETS	L-109-04	RED	MODERATE
PAPRIKA BUTTERED POTATOES	Q-033-01	GREEN	MODERATE
PARSLEY BUTTERED POTATOES	Q-033-00	GREEN	MODERATE
PASTA	E-004-00	YELLOW	LOW
PASTA PROVENCAL (WHOLE GRAIN, WHITE)	T-510-00	GREEN	MODERATE
	T-510-01	YELLOW	MODERATE
PASTA SALAD	M-038-00	YELLOW	MODERATE
PEACH CRISP	J-008-00	YELLOW	LOW
PEAS (FROZEN)	Q-116-00	GREEN	LOW
PEAS WITH CARROTS (FROZEN)	Q-041-01	GREEN	MODERATE
PEAS WITH MUSHROOMS (FROZEN)	Q-041-00	GREEN	MODERATE

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
PEPPER STEAK	L-013-00	YELLOW	LOW
PINEAPPLE CHICKEN (8 PC)	L-157-00	GREEN	LOW
POLLOCK WITH GARLIC BUTTER	L-119-64	YELLOW	LOW
PORK CHOPS WITH APPLES	L-084-01	GREEN	LOW
PORK FRIED RICE	E-007-01	YELLOW	HIGH
POTATO SALAD	M-040-00	GREEN	MODERATE
POTATO, KALE & WHITE BEAN SOUP	P-302-00	GREEN	LOW
PROTEIN BOMB BLONDIES	H-302-00	YELLOW	MODERATE
PUMPKIN CHOCOLATE CHIP PECAN BARS	G-305-00	YELLOW	LOW
RED BEANS WITH WHITE RICE	E-010-00	GREEN	MODERATE
RED BEANS WITH BROWN RICE	E-010-50	GREEN	MODERATE
REFRIED BEANS (RTU)	Q-038-01	GREEN	MODERATE
REFRIED BEANS WITH CHEESE (RTU BEANS)	Q-038-02	YELLOW	MODERATE
RICE PILAF	E-008-00	YELLOW	MODERATE
RISSOLE POTATOES	Q-052-00	RED	LOW
ROAST BEEF	L-005-00	YELLOW	MODERATE
ROAST PORK TENDERLOIN	L-081-01	GREEN	MODERATE
ROAST TURKEY	L-161-00	GREEN	LOW
ROASTED ASPARAGUS (FRESH)	Q-314-00	GREEN	MODERATE
ROASTED BROCCOLI (FRESH)	Q-315-00	GREEN	MODERATE
ROASTED BRUSSELS SPROUTS (FROZEN)	Q-106-50	GREEN	MODERATE
ROASTED CARROTS (FRESH)	Q-108-50	GREEN	HIGH
ROASTED CARROTS (FROZEN)	Q-108-51	GREEN	MODERATE
ROASTED CAULIFLOWER (FRESH)	Q-109-51	GREEN	MODERATE
ROASTED POTATOES, PEPPERS & ONIONS (FRESH)	Q-317-00	GREEN	MODERATE
ROASTED SUMMER SQUASH (FRESH)	Q-122-50	GREEN	MODERATE
ROASTED SWEET POTATO WEDGES	Q-305-00	GREEN	MODERATE
ROASTED ZUCCHINI (FROZEN)	Q-122-53	GREEN	HIGH
ROSEMARY ROAST PORK TENDERLOIN	L-081-53	GREEN	MODERATE
ROSEMARY ROASTED POTATO WEDGES	Q-071-00	GREEN	LOW

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
ROTISSERIE CHICKEN QUARTERS	L-351-00	YELLOW	MODERATE
SALMON BURGER (FROZEN)	N-302-00	GREEN	MODERATE
SALMON WITH HERB VINAIGRETTE	L-318-00	GREEN	LOW
SAUTÉED ASPARAGUS	Q-100-51	GREEN	MODERATE
SAUTÉED CABBAGE WITH BACON	Q-012-02	YELLOW	MODERATE
SAUTÉED GARLIC SPINACH (FRESH)	Q-306-00	GREEN	HIGH
SAUTÉED PEPPERS AND ONIONS	Q-320-00	GREEN	LOW
SAUTÉED SPINACH (FROZEN)	Q-121-50	GREEN	HIGH
SAVORY BAKED CHICKEN BREAST	L-826-00	GREEN	MODERATE
SAVORY STYLE BEANS	Q-005-01	GREEN	LOW
SCALLOPED POTATOES	Q-053-00	GREEN	MODERATE
SESAME CHICKEN BREAST	L-342-00	GREEN	MODERATE
SESAME CRUSTED SALMON	L-326-00	GREEN	LOW
SESAME ROASTED SWEET POTATOES	Q-322-00	GREEN	MODERATE
SHRIMP CHOW MEIN	L-080-01	GREEN	HIGH
SHRIMP JAMBALAYA	L-097-00	GREEN	HIGH
SIMMERED PINTO BEANS	Q-005-50	GREEN	MODERATE
SLOPPY JOE (BEEF, WHOLE WHEAT)	N-027-51	GREEN	HIGH
SLOPPY JOE (BEEF, WHITE)	N-027-00	YELLOW	HIGH
SLOPPY JOE (TURKEY, WHOLE WHEAT)	N-027-52	GREEN	HIGH
SOUTHERN FRIED CHICKEN	L-155-01	RED	MODERATE
SOUTHERN STYLE COLLARD GREENS (FRESH)	Q-029-00	RED	MODERATE
SOUTHERN STYLE COLLARD GREENS (FROZEN)	Q-029-01	RED	MODERATE
SOUTHWEST VEGETABLE STUFFED GREEN PEPPERS	L-176-00	GREEN	LOW
SOUTHWESTERN BAKED BEANS	Q-330-00	GREEN	LOW
SOUTHWESTERN PUMPKIN SOUP	P-309-00	GREEN	HIGH
SOUTHWESTERN RICE	E-508-00	YELLOW	MODERATE
SPICED CHOCOLATE CAKE	G-302-00	YELLOW	MODERATE
SPINACH, TOMATO & ONION ORZO	E-023-00	YELLOW	MODERATE
SPLIT PEA SOUP WITH HAM	P-009-07	GREEN	HIGH

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
SQUASH AND CARROT MEDLEY (FRESH)	Q-074-00	GREEN	MODERATE
STACKED CHICKEN ENCHILADAS	L-334-00	GREEN	HIGH
STEAMED BROCCOLI (FROZEN)	Q-105-00	GREEN	LOW
STEAMED CARROTS (FROZEN)	Q-108-54	GREEN	LOW
STEAMED CAULIFLOWER (FRESH)	Q-109-02	GREEN	LOW
STEAMED GREEN BEANS (FRESH, FROZEN)	Q-309-00	GREEN	LOW
	Q-309-01	GREEN	LOW
STEAMED RICE	E-006-00	YELLOW	LOW
STEAMED SPINACH (FROZEN)	Q-121-00	GREEN	LOW
SUCCOTASH (FROZEN)	Q-124-00	GREEN	LOW
SWEDISH MEATBALLS (WITH EGG NOODLES)	L-041-00	YELLOW	MODERATE
SWEDISH MEATBALLS (WITH WHOLE WHEAT EGG NOODLES)	L-041-50	YELLOW	MODERATE
SWEET AND SOUR CABBAGE	Q-043-00	YELLOW	HIGH
SWEET AND SOUR CHICKEN (BONELESS, SKINLESS)	L-079-51	YELLOW	MODERATE
TAMALE PIE (BEEF)	L-057-00	GREEN	HIGH
TAMALE PIE (TURKEY)	L-201-00	GREEN	HIGH
TEMPURA FRIED FISH WITH TEMPURA BATTER	L-122-01	RED	MODERATE
	D-038-00		
TERIYAKI CHICKEN	L-114-56	YELLOW	HIGH
THREE BEAN TACOS	T-507-00	GREEN	HIGH
THREE BEAN SALAD	M-045-00	GREEN	MODERATE
TORTELLINI SOUP	P-026-00	YELLOW	HIGH
TOSSSED GREEN SALAD	M-047-00	GREEN	LOW
TUNA MELT (WHOLE WHEAT, CHUNK LIGHT)	N-015-55	YELLOW	HIGH
TURKEY LENTIL CHILI	P-031-00	GREEN	HIGH
VEAL PARMESAN W/ MOZZ CHEESE & TOMATO SAUCE	L-103-00	RED	HIGH
VEGETABLE FRIED BROWN RICE	E-007-57	GREEN	MODERATE
VEGETABLE FRIED RICE	E-007-55	YELLOW	MODERATE
VEGETABLE LASAGNA	T-508-07	YELLOW	HIGH
VEGETABLE SALAD	M-019-00	GREEN	LOW

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
VEGETABLE SOUP	P-007-00	GREEN	HIGH
VEGETABLE STIR FRY (FRESH)	Q-025-00	GREEN	HIGH
VEGETABLES TEMPURA (FRESH)	Q-068-00	RED	MODERATE
VEGETARIAN HEARTY BURGER ON WHOLE WHEAT BUN	N-051-00	GREEN	MODERATE
WALDORF SALAD	M-050-00	YELLOW	LOW
WHITE RICE (CONVENTIONAL, SJK)	E-005-00	YELLOW	LOW
WHITE RICE (CONVENTIONAL, STEAMER)	E-006-00	YELLOW	LOW
WHITE SPAGHETTI	E-004-00	YELLOW	LOW
WHOLE WHEAT SPAGHETTI	E-004-50	GREEN	LOW
WILD RICE	E-005-03	GREEN	HIGH
YAKISOBA WHOLE WHEAT NOODLES	L-062-50	GREEN	MODERATE
YANKEE POT ROAST	L-010-02	GREEN	MODERATE
ZESTY BEAN SOUP	P-021-00	GREEN	LOW