

21-day Sample Menu #3



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 that code differently were provided (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)	31%	46%	23%
Starchy Side (includes potato, legumes, and bread)	88%	6%	6%
Non-starchy Side	100%	—	—
Overall	55%	29%	16%
Lunch & Dinner (Doesn't include bread, side salad, or soup)			
Entrée	62%	30%	5%
Starchy Side	69%	25%	6%
Non-starchy Side	83%	13%	4%
Legumes	100%	—	—
Overall	73%	24%	2%
Brunch (Doesn't include bread, side salad, or soup)			
Entrée	50%	44%	6%
Starchy Side	64%	36%	—
Non-starchy Side	83%	8%	8%
Legumes	100%	—	—

MAINLINE			
Overall	46%	52%	2%
Supper (Doesn't include bread, side salad, or soup)			
Entrée	33%	54%	13%
Starchy Side	71%	24%	5%
Non-starchy Side	100%	—	—
Legumes	100%	—	—
Overall	63%	30%	7%

SPECIALTY BARS			
	Green	Yellow	Red
Featured Desserts – Brunch & Supper (Doesn't include Dessert Bar)	17%	25%	58%
Sample Short Order/Grill (Includes "upon request" entrées)	44%	29%	26%

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)	Texas Hash with Turkey and Brown Rice (G)	Creamed Ground Sausage (R)	Chili Con Carne (G)	Creamed Ground Turkey (G)	Cheesy Rice and Broccoli (Y)	Southwestern Quinoa Casserole (G)
Protein (lean option)	Roast Pork Tenderloin (G)	Chicken Fajitas (G)	Baked Chicken Breast (G)	Braised Pork Chops (G)	Baked Chicken Breast (G)	Roast Pork Tenderloin (G)	Baked Chicken Breast (G)
Protein	Turkey Bacon (R)	Pork Sausage Patties (R)	Pork Bacon (R)	Turkey Sausage Links (R)	Pork Sausage Links (R)	Turkey Sausage Patties (R)	Pork Bacon (R)
Griddle Bread <i>*Can be served at Specialty Bar</i>	Cinnamon Whole Grain Pancakes (G)	Whole Grain French Toast (G)	Banana Oat Pancakes (G)	Whole Grain French Toast (G)	Plain Pancakes (Y)	Cinnamon Whole Grain Pancakes (G)	Whole Grain French Toast (G)

BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Brunch	SUNDAY Brunch
Hot Whole-Grain Cereal <i>*Can be served at Specialty Bar</i>	Oatmeal (G)	Whole Wheat Farina (G) or Oatmeal(G)	Oatmeal (G)	Whole Wheat Farina (G) or Oatmeal(G)	Oatmeal (G)	Whole Wheat Farina (G) or Oatmeal(G)	Oatmeal (G)
Non-starchy Side	Roasted Cauliflower (G)	Sautéed Spinach (G)	Steamed Green Beans (G)	Steamed Broccoli (G)	Shakshuka (G)	Calico Cabbage (G)	Sautéed Mushrooms (G)
Potato	Roasted Potatoes, Peppers & Onions (G)	Home Fried Potatoes (G)	Sweet Potato Home Fries (Y)	Cottage Fried Potatoes (G)	Oven Browned Potatoes (G)	Italian Roasted Potatoes (G)	Franconia Potatoes (G)
Legume	Sweet and Spicy Lentils (G)	Chili Con Carne (G)	Red Beans with Brown Rice (G)	—	Spanish Style Pinto Beans (G)	—	—
Soup	Zesty Bean Soup (G)	Texas Tortilla Soup (G)	Corn Chowder (Y)	Asian Stir Fry Soup (G)	Butternut Squash Soup (G)	—	—
Bread	Wheat Baking Powder Biscuits (G)	Whole Grain Corn Bread (G)	Sweet Potato Biscuits (Y)	Whole Grain Corn Bread (G)	Cheddar and Garlic Drop Biscuits (R)	—	—
Pastry	Raspberry Streusel (Y)	Sweet Potato Bread (Y)	Oatmeal Raisin Applesauce Muffins (Y)	Apple Spice Applesauce Muffins (Y)	Pumpkin Bread (Whole Wheat) (Y)	Whole Grain Cranberry Orange Muffins (Y)	Banana Muffins (Y)
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
Theme	Italian	Tex-Mex	Southern	Asian	Mediterranean	—	—
Entrée	Grilled Top Sirloin Steak (G)	Beef Fajitas (G)	Barbecued Chicken (Breast or 8-PC) (Y)	Chicken Adobo (Breast or 8 PC) (Y)	Salmon with Mediterranean Salsa (G)	Turkey Porcupines (G)	Caribbean Spiced Flounder (G)
Entrée	Chicken Cacciatore (G)	Mexican Baked Chicken (Breast or 8 PC) (G or Y)	Southern Fried Catfish Fillets (R)	Teriyaki Salmon (G)	Greek Lemon Marinated Chicken (G)	Cod with Garlic Butter (Y)	Grilled Caribbean Chicken Breast (G)
Entrée (casserole-type)	Italian Rice and Turkey (G)	Southwest Vegetable Stuffed Peppers (G)	Creole Macaroni (G)	Pork Chow Mein (Y)	Mujaddara (Rice and Lentils) (G)	—	—
Entrée (carved)	—	—	—	—	—	Steamship Round of Beef (G)	Mambo Mango Pork Roast (Y)
Non-starchy Side	Roasted Zucchini (G)	Sautéed Spinach (G)	Not Your Grandma's Southern Collard Greens (G)	Sweet and Sour Cabbage (Y)	Lyonnais Green Beans (Y)	Steamed Broccoli (G)	Steamed Carrots (G)
Non-starchy Side	Sautéed Garlic Spinach (G)	—	—	Steamed Green Beans (G)	Roasted Eggplant (G)	Roasted Asparagus (G)	Curry Roasted Cauliflower (G)
Starchy Side	Herbed Brown Rice (G)	Jalapeño Rice (Y)	Red Beans with Brown Rice (G)	Oriental Rice (Y)	Mediterranean Brown Rice (G)	Buttered Spaghetti (Y)	Islander's Rice (G)
Starchy Side (potato)	Parmesan Garlic Mashed Potatoes (G)	Hacienda Potatoes (G)	Cajun Roasted Potato Wedges (G)	Sesame Roasted Sweet Potatoes (G)	Garlic-Lemon Roasted Potato Wedges (G)	Italian Roasted Potatoes (G)	Roasted Sweet Potato Wedges (G)
Starchy Side (vegetable)	—	Refried Beans with Cheese (G)	Southern Fried Okra (R)	—	—	—	Caribbean Black Beans (G)
Soup	Zesty Bean Soup (G)	Texas Tortilla Soup (G)	Corn Chowder (Y)	Asian Stir Fry Soup (G)	Butternut Squash Soup (G)	Minestrone Soup (G)	Curried Vegetable Soup (G)

WEEK 1: LUNCH							
Side Salad	Italian Style Pasta Salad (G or Y)	Mexican Cole Slaw (G)	Carrot Salad (G)	Mandarin Quinoa Salad (G)	Cucumber and Onion Salad (G)	Red Bean Salad (G)	Tropical Black Bean Salad (G)
Bread	Whole Grain Dinner Roll (G) Tortilla (Y) Whole Grain Corn Bread (G) Flatbread or Dinner roll (Y) Pita bread (Y) Wheat Focaccia Bread (G) Flatbread (Y)						
Dessert	—	—	—	—	—	Banana Cake (R)	Creamy Rice Pudding (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 1: DINNER							
Main/Hotline							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Supper	SUNDAY Supper
Entrée	Chicken Breast Parmesan (G)	Three Bean Tacos (G)	Barbecue Spareribs (R)	Teriyaki Steak (Y)	Mustard-Dill Cod (G)	Spinach Lasagna (Y)	Caribbean Catfish (Y)
Entrée	Herb Baked Cod (G)	Parmesan Cod (Y)	Cajun Grilled Salmon (G)	Pineapple Marinated Pork Chops (G)	Turkish-Style Meatballs (Y)	Chicken Breast Parmesan (G)	Caribbean Chicken and Cilantro Pineapple Rice (Y)
Entrée (casserole-type)	Vegetable Lasagna (Y)	Chili Macaroni (G)	Buffalo Chicken Macaroni and Cheese (R)	Hamburger Yakisoba with WW Spaghetti (G)	Mujaddara (Rice and Lentils) (G)	Italian Rice and Beef (G)	Caribbean Beef Curry (G)
Entrée (carved)	—	—	—	—	—	Roast Pork Loin (Y)	Roast Turkey (Y)

WEEK 1: DINNER

Non-starchy Side	Roasted Carrots (G)	Steamed Broccoli (G)	Green Beans Creole (G)	Oriental Stir Fry Cabbage (G)	Steamed Carrots (G)	Tangy Spinach (G)	Cauliflower Combo (G)
Non-starchy Side	Steamed Cauliflower (G)	—	Roasted Zucchini (G)	Steamed Carrots (G)	Roasted Zucchini (G)	Herbed Broccoli (G)	Sautéed Mushrooms and Onions (G)
Starchy Side	Italian Style Baked Beans (G)	Mexican Rice (Y)	Hoppin' John (G)	Ginger Brown Rice (G)	Turkish Bulgur Pilaf (G)	Boiled Cheese Ravioli (G)	see L-303-00, rice built into entrée
Starchy Side (vegetable)	—	Peas with Mushrooms (G or Y)	—	—	—	Peas (G)	Lima Beans (G)
Starchy Side (potato)	Parsley Buttered Potatoes (G)	Mexican Roasted Sweet Potatoes (G)	Roasted Sweet Potato Wedges (G)	Oven Browned Potatoes (G)	Scalloped Potatoes with Onions (G)	Oven Glo Potatoes (Y)	Franconia Potatoes (G)
Potato	—	—	—	—	—	Garlic Roasted Potato Wedges (G)	Caribbean Style Baked Potato Casserole (G)
Soup	Zesty Bean Soup (G)	Texas Tortilla Soup (G)	Corn Chowder (Y)	Asian Stir Fry Soup (G)	Butternut Squash Soup (G)	Minestrone Soup (G)	Curried Vegetable Soup (G)
Soup	—	—	—	—	—	Creamy Tomato Soup (Y)	Loaded Baked Potato Soup (R)
Side Salad	Italian Style Pasta Salad (G or Y)	Mexican Cole Slaw (G)	Carrot Salad (G)	Mandarin Quinoa Salad (G)	Cucumber and Onion Salad (G)	Red Bean Salad (G)	Tropical Black Bean Salad (G)
Bread	Garlic Bread (R)	Tortilla (Y)	Whole Grain Corn Bread (G)	Flatbread or Dinner roll (Y)	Pita bread (Y)	Wheat Focaccia Bread (G)	Flatbread (Y)
Dessert	—	—	—	—	—	Banana Cake (R)	Yogurt Parfait (G or 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

WEEK 1: DINNER

Rotating / Theme Bars	See Specialty Bar Menu for options	—	—
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WEEK 2: LUNCH

Main/Hotline							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Brunch	SUNDAY Brunch
Entrée	Chicken Breast Parmesan (G)	Mexican Baked Chicken Breast (G)	Barbecue Spareribs (R)	Shrimp Stir Fry (G)	Almond Crusted Cod (Y)	Teriyaki Chicken Thigh or Breast (Y)	Almond Crusted Cod (Y)
Entrée	Salmon with Herb Vinaigrette (G)	Mexican Spiced Pork Chops (Y)	Creole Spiced Cod (G)	Pineapple Chicken (8 PC) (Y)	Chicken Breast in Orange Sauce (G)	Pineapple Marinated Pork Chops (G)	Chicken Cordon Bleu (Y)
Entrée (casserole-type)	Eggplant Lasagna (Y)	Beef Enchiladas (Y)	Tamale Pie with Cheese (Turkey) (G)	Sukiyaki-Style Beef Stir Fry (G)	Pasta Provencal (G or Y)	—	—
Entrée (carved)	—	—	—	—	—	Roast Beef (Y)	Baked Ham (Y)
Non-starchy Side	Steamed Broccoli (G)	Herbed Broccoli (G)	Collard Greens (G)	Sesame Glazed Green Beans (G)	Parmesan Cauliflower (Y)	Tempura Vegetables (R)	Lyonnais Green Beans (Y)
Non-starchy Side	Roasted Carrots (G)	—	—	Ginger Glazed Carrots (Y)	Sautéed Spinach (G)	Japanese Vegetable Stir Fry (G)	Broccoli Parmesan (G)
Starchy Side	Sicilian Brown Rice (G)	Mexican Brown Rice (G)	Hoppin' John (G)	White Rice (Y)	Lyonnais Rice (Y)	Ginger Brown Rice (G)	Brown Rice (G)
Starchy Side (potato)	Garlic Roasted Potato Wedges (G)	Mexican Roasted Sweet Potatoes (G)	Candied Sweet Potatoes (R)	Garlic and Soy Potatoes (G)	Parsley Buttered Potatoes (G)	Cottage Fried Potatoes (G)	Potatoes Au Gratin (Y)
Starchy Side	—	Simmered Dry Pinto Beans (G)	Baked Macaroni and Cheese (R)	—	—	—	—
Soup	Potato, Kale & White Bean Soup (G)	Vegetable Soup (G)	Beef & Barley Soup (G)	Egg Drop Soup (G)	French Onion Soup (Y)	Egg Drop Soup (G)	Onion Soup (Y)

WEEK 2: LUNCH							
Side Salad	Barley Salad (G)	Mexican Potato Salad (G)	Three Bean Salad (G)	Red Bean Salad (G)	Mediterranean Veggie and Bulgur Salad (G)	Bean Salad with Asian Dressing (G)	Spinach and Apple Salad (G)
Bread	Garlic Bread (R)	Tortilla or Dinner Roll (Y)	Whole Grain Corn Bread (G)	Flatbread or Dinner Roll (Y)	Dinner Roll (Y)	Dinner Roll (Y)	French Bread (Y)
Dessert	—	—	—	—	—	Lite Cheesecake (R)	French Apple Tart (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: DINNER								
Main/Hotline								
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Supper	SUNDAY Supper	
Entrée	Grilled Top Sirloin Steak (G)	Beef and Bean Tostadas (G)	Blackened Tilapia (G)		Beef Bulgogi (G)	Mediterranean Quinoa Cakes (G) with Tzatziki Sauce (Y)	Savory Baked Chicken (8 PC) (Y)	Swedish Meatballs (Y)
Entrée	Italian Sausage (R)	Baja Fish Tacos with Quinoa (G)	Fried Chicken (8 PC) (R)		Szechwan Chicken Breast (Y)	Greek Lemon Marinated Chicken (G)	Flounder Tempura (R)	Kielbasa (R)
Entrée (casserole-type)	Italian Broccoli Pasta (G)	Cheddar Chicken and Broccoli (G)		Chili Macaroni (G)	Baked Chicken and Noodles (Y)	Baked Tuna and Noodles (Y)	Sukiyaki-Style Beef Stir Fry (G)	Hungarian Goulash (G)
Entrée (carved)	—	—	—	—	—	—	Mambo Mango Pork Roast (Y)	Savory Roast Lamb (Y)

WEEK 2: DINNER

Non-starchy Side	Roasted Brussels Sprouts (G)	Steamed Broccoli (G)	Southern-Style Green Beans (R)	Vegetable Stir Fry (G)	Carrots and Celery Amandine (Y)	Broccoli Combo (G)	Parmesan Cauliflower (Y)
Non-starchy Side	Steamed Green Beans (G)	Sautéed Spinach (G)	Steamed Carrots (G)	Steamed Green Beans (G)	Roasted Brussels Sprouts (G)	Sautéed Cabbage (G)	Sautéed Spinach (G)
Non-starchy Side	—	—	—	—	—	Roasted Broccoli (G)	—
Starchy Side	Cheese Tortellini Marinara (G)	Brown Rice (G)	Southwestern Rice (Y)	Oriental Rice (Y)	Rice Pilaf (Y)	White Rice (Y)	Buttered Egg Noodles (Y)
Starchy Side (vegetable)	—	—	—	—	—	—	Peas with Carrots (G)
Starchy Side (potato)	Italian Roasted Potatoes (G)	Quick Baked Potato Halves (G)	Hot Glazed Sweet Potatoes (Y)	Oven Browned Potatoes (G)	Greek Roasted Potatoes (G)	Grilled Potato Cakes (G)	Parsley Buttered Potatoes (G)
Potato	—	—	—	—	—	Garlic and Soy Potatoes (G)	Quick Baked Potato Halves (G)
Soup	Potato, Kale & White Bean Soup (G)	Vegetable Soup (G)	Beef & Barley Soup (G)	Egg Drop Soup (G)	French Onion Soup (Y)	Egg Drop Soup (G)	Onion Soup (Y)
Soup	—	—	—	—	—	New England Fish Chowder (Y)	Hungarian Mushroom Soup (Y)
Side Salad	Barley Salad (G)	Mexican Potato Salad (G)	Three Bean Salad (G)	Red Bean Salad (G)	Mediterranean Veggie and Bulgur Salad (G)	Bean Salad with Asian Dressing (G)	Spinach and Apple Salad (G)
Bread	Whole Grain Dinner Roll (G)	Tortilla (Y)	Whole Grain Corn Bread (G)	Flatbread or Dinner roll (Y)	Pita bread (Y)	Dinner roll (Y)	Dinner roll (Y)

WEEK 2: DINNER							
Dessert	—	—	—	—	—	Chocolate Applesauce Cake (Y) with Chocolate Buttercream Frosting (R)	Gingerbread (R)
Daily Bars	Salad Bar	Salad Bar	Salad Bar		Salad Bar	Salad Bar	Salad Bar
	Short Order	Short Order	Short Order		Short Order	Short Order	Short Order
	Deli	Deli	Deli	Deli		Deli	Deli
	Dessert	Dessert	Dessert		Dessert	Dessert	Dessert
	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	Rosemary Roast Pork Tenderloin (G)	Mexican Pepper Steak (G)	Blackened Catfish (G)	Chinese Five-Spice Chicken (8 PC) (Y)	Mustard-Dill Cod (G)	Sweet and Sour Spareribs (R)	Turkey Chili Macaroni (G)
Entrée	Herb Baked Cod (G)	Turkey Enchiladas (Y)	Southern Fried Chicken (8 PC) (R)	Cod with Garlic Butter (Y)	Braised Pork Chops (G)	Sesame Chicken Breast (G)	Meatloaf (Y)
Entrée (casserole-type)	Turkey Sausage Bake (G)	Tamale Pie with Cheese (G)	Vegetable Sloppy Joes (Y)	Ginger Pot Roast (G)	Greek Lemon Turkey Pasta (G)	—	—
Entrée (carved)	—	—	—	—	—	Apple Glazed Corned Beef (Y)	Baked Ham with Maple Gravy (Y)
Non-starchy Side	Green Beans with Mushrooms (G)	Cauliflower Combo (G)	Green Beans Creole (G)	Cauliflower Combo (G)	Lyonnais Carrots (Y)	Oriental Stir Fry Cabbage (G)	Parmesan Cauliflower (Y)

WEEK 3: LUNCH							
Non-starchy Side	Broccoli Parmesan (G)	—	Southern-Style Collard Greens (R)	Vegetable Stir Fry (G)	Steamed Broccoli (G)	Sesame Glazed Green Beans (G)	Sautéed Spinach (G)
Starchy Side	Lemon Herb Quinoa (G)	White Rice (Y)	Red Beans with Brown Rice (G)	Filipino Rice (Y)	Orange Brown Rice Pilaf (G)	Oriental Rice (Y)	Boston Baked Beans (G)
Starchy Side (potato)	Roasted Potatoes and Peppers (G)	Roasted Potatoes and Peppers (G)	Hot Glazed Sweet Potatoes (Y)	Quick Baked Potato Halves (G)	Potatoes Au Gratin (Y)	Sesame Roasted Sweet Potatoes (G)	Oven Glo Potatoes (Y)
Starchy Side (vegetable)	—	Refried Beans with Cheese (G)	—	—	—	—	—
Soup	Minestrone Soup (G)	Black Bean Soup (G)	Creole Soup (G)	Curried Vegetable Soup (G)	Lentil Vegetable Soup (G)	Egg Drop Soup (G)	Beef & Barley Soup (G)
Side Salad	Cranberry Almond Broccoli Salad (Y or R)	Red Bean and Cilantro Salad (G)	Potato Salad (G)	Potato and Green Bean Salad (G)	Chopped Greek Salad (Y)	Mandarin Quinoa Salad (G)	Macaroni Salad (G or Y)
Bread	Whole Grain Dinner Roll (G)	Tortilla or Dinner roll (Y)	Whole Grain Corn Bread (G)	Dinner roll (Y)	Pita bread or Dinner roll (Y)	Dinner roll (Y)	Brown Bread (G)
Dessert	—	—	—	—	—	Greek Honey Cake (R)	Pumpkin Chocolate Chip Pecan Bars (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: DINNER							
Main/Hotline							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Supper	SUNDAY Supper

WEEK 3: DINNER

Entrée	Grilled Pork Chops (Y)	Baked Chicken (8 PC) (Y)	Barbecued Chicken (8 PC) (Y)	Pineapple Chicken (8 PC) (Y)	Grilled Top Sirloin Steak (G)	Sweet and Sour Spareribs (R)	Grilled Salmon (G)
Entrée	Chicken Cacciatore (G)	Baked Flounder (G)	Creole Spiced Cod (G)	Pork Adobo (Y)	Dijon Baked Pork Chops (G)	Chinese Five Spice Chicken Quarters (Y)	Pork Chops with Apples (Y)
Entrée <i>(casserole-type)</i>	Eggplant Lasagna (Y)	Beef Enchiladas (Y)	Tamale Pie with Cheese (G)	Shrimp Chow Mein (G)	Pasta Primavera (G)	Shrimp Chow Mein (G)	Cheddar Chicken and Broccoli (G)
Entrée <i>(carved)</i>	—	—	—	—	—	Roast Turkey (Y)	Cajun Roast Beef (Y)
Non-starchy Side	Cauliflower Combo (G)	Steamed Carrots (G)	Sautéed Spinach (G)	Ginger Glazed Carrots (Y)	Sautéed Mushrooms and Onions (G)	Oriental Stir Fry Cabbage (G)	Herbed Broccoli (G)
Non-starchy Side	Roasted Asparagus (G)	—	—	Sesame Glazed Green Beans (G)	Green Beans Parisienne (Y)	Sesame Glazed Green Beans (G)	Honey Dijon Vegetables (G)
Starchy Side	Brown Rice (G)	Jalapeño Rice (Y)	Brown Rice (G)	White Rice (Y)	Mediterranean Quinoa Cakes (G)	Fried Chinese Egg Rolls (R)	Spicy Brown Rice (G)
Starchy Side <i>(vegetable)</i>	—	Mexican Corn (G)	Black Eyed Peas (G)	—	—	Peas with Mushrooms (G or Y)	Succotash (G)
Starchy Side <i>(potato)</i>	Rosemary Roasted Potato Wedges (G)	Baked Potatoes (G)	Cajun Roasted Potato Wedges (G)	Cottage Fried Potatoes (G)	Roasted Sweet Potato Wedges (G)	Sesame Roasted Sweet Potatoes (G)	Rosemary Roasted Potato Wedges (G)
Potato	—	—	—	—	—	Oven Browned Potatoes (G)	Baked Sweet Potatoes (G)
Soup	Minestrone Soup (G)	Black Bean Soup (G)	Creole Soup (G)	Curried Vegetable Soup (G)	Lentil Vegetable Soup (G)	Egg Drop Soup (G)	Beef & Barley Soup (G)
Soup	—	—	—	—	—	Cream of Broccoli Soup (Y)	New England Clam Chowder (G)
Side Salad	Cranberry Almond Broccoli Salad (Y or R)	Red Bean and Cilantro Salad (G)	Potato Salad (G)	Potato and Green Bean Salad (G)	Chopped Greek Salad (Y)	Mandarin Quinoa Salad (G)	Macaroni Salad (G or Y)

WEEK 3: DINNER							
Bread	Garlic Bread (R)	Dinner roll (Y)	Whole Grain Corn Bread (G)	Flatbread or Dinner roll (Y)	Dinner roll (Y)	Dinner roll (Y)	Dinner roll (Y)
Dessert	—	—	—	—	—	Strawberry or Blueberry Compote (G)	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
	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

FREQUENCY	SPECIALTY BAR
	Mediterranean Bar
	Mongolian Bar
	Pasta Bar
	Potato Bar
	Sausage Bar
	Taco Bar

Specialty Bars

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

Short Order/Grill

SAMPLE 7-DAY MENU							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Brunch	SUNDAY Brunch

SAMPLE 7-DAY MENU

Entrée <i>(lean option)</i>	Grilled Salmon (G)	Grilled Chicken Breast (G)	Grilled Chicken Breast (G)	Grilled Salmon (G)	Grilled Chicken Breast (G)	Grilled Salmon (G)	Grilled Chicken Breast (G)
Entrée	—	—	—	—	—	Sloppy Joe (Y)	Grilled Mild Italian Sausage on WW (G)
Entrée <i>*made with whole wheat buns/bread; white buns/bread upon request</i>	Tuna Melt (Y or R)	Chicken Nuggets (R)	Hot Dogs (Y or R)	Chicken Nuggets (R)	Salmon Burger (G)	Sloppy Joe (Y)	Grilled Mild Italian Sausage on WW (G)
Entrée <i>(vegetarian)</i>	Grilled Portobello Mushroom (G)	Black Bean Burger on Whole Wheat Bun (G)	Vegetarian Burger on Whole Wheat Bun (Y)	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 (Y)	Ham and Cheese on White Bread (R)	Grilled Hamburger (Y)	Grilled Cheese-burger (R)	Ham and Cheese on White Bread (R)	Grilled Cheese-burger (R)	Grilled Cheese-burger (R)
Entrée <i>(upon request)</i> <i>* made with whole wheat buns/bread; white buns/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)
Legumes	Chili (G)	Baked Beans, Canned (G)	Chili (G)	Chili (G)	Baked Beans, Canned (G)	Chili (G)	Chili (G)
Non-starchy Side	Repeat non-starchy veg from Mainline	Repeat non-starchy veg from Mainline	Repeat non-starchy veg from Mainline	Repeat non-starchy veg from Mainline	Repeat non-starchy veg from Mainline	Repeat non-starchy veg from Mainline	Repeat non-starchy veg from Mainline
Non-starchy Side	Buffalo Cauliflower (Y)	Buffalo Cauliflower (Y)	Buffalo Cauliflower (Y)	Buffalo Cauliflower (Y)	Buffalo Cauliflower (Y)	Buffalo Cauliflower (Y)	Buffalo Cauliflower (Y)
Starchy Side	Repeat potato from Mainline	Repeat potato from Mainline	Repeat potato from Mainline	Repeat potato from Mainline	Repeat potato from Mainline	Repeat potato from Mainline	Repeat potato from Mainline
Side <i>(optional)</i>	Onion Rings/ French Fries (R)	Onion Rings/ French Fries (R)	Onion Rings/ French Fries (R)	Onion Rings/ French Fries (R)	Onion Rings/ French Fries (R)	Onion Rings/ French Fries (R)	Onion Rings/ French Fries (R)

AFRS RECIPES WITH G4G COLOR AND SODIUM CODES: BREAKFAST

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
APPLE SPICE APPLESAUCE MUFFINS	D-053-53	YELLOW	LOW
ASIAN STIR FRY SOUP	P-500-00	GREEN	HIGH
BAKED CHICKEN BREAST	L-143-03	GREEN	LOW
BANANA MUFFINS	D-029-03	YELLOW	LOW
BANANA OAT PANCAKES	D-025-50	GREEN	MODERATE
BEEF & BARLEY SOUP	P-001-01	GREEN	HIGH
BLACK BEAN SOUP	P-303-00	GREEN	HIGH
BRAISED PORK CHOPS	L-085-00	GREEN	MODERATE
BUTTERNUT SQUASH SOUP	P-310-00	GREEN	MODERATE
CALICO CABBAGE	Q-012-01	GREEN	MODERATE
CHEDDAR AND GARLIC DROP BISCUITS	D-302-00	RED	MODERATE
CHEESY RICE AND BROCCOLI (WHITE)	E-321-00	YELLOW	MODERATE
CHICKEN FAJITA (½ PORTION)	L-043-01	GREEN	HIGH
CHILI CON CARNE	L-028-00 OR RTU	GREEN	MODERATE
CINNAMON WHOLE GRAIN PANCAKES	NEW	GREEN	MODERATE
CORN CHOWDER	P-011-00	YELLOW	MODERATE
COTTAGE FRIED POTATOES	Q-046-01	GREEN	LOW
CREAMED GROUND BEEF	L-030-00	YELLOW	MODERATE
CREAMED GROUND SAUSAGE	L-030-50	RED	MODERATE
CREAMED GROUND TURKEY	L-030-01	GREEN	MODERATE
CREOLE SOUP	P-003-00	GREEN	HIGH
CURRIED VEGETABLE SOUP	P-028-00	GREEN	LOW
EGG DROP SOUP	P-803-00	GREEN	MODERATE
FARINA, WHOLE WHEAT	E-001-51	GREEN	LOW
FRANCONIA POTATOES	Q-050-01	GREEN	MODERATE

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
FRENCH ONION SOUP	P-004-01	YELLOW	HIGH
FRENCH TOAST	D-022-00	YELLOW	MODERATE
FRENCH TOAST (WHOLE GRAIN)	D-022-50	GREEN	MODERATE
HARD-BOILED EGGS	F-004-00	YELLOW	LOW
HOME FRIED POTATOES	Q-047-00	GREEN	LOW
ITALIAN ROASTED POTATOES	Q-502-00	GREEN	MODERATE
LENTIL VEGETABLE SOUP	P-027-00	GREEN	MODERATE
MINISTRONE SOUP	P-007-01	GREEN	HIGH
OATMEAL	E-001-00	GREEN	LOW
OATMEAL RAISIN APPLESAUCE MUFFINS	D-053-52	YELLOW	LOW
OVEN BROWNED POTATOES	Q-050-00	GREEN	MODERATE
PLAIN PANCAKES	D-025-00	YELLOW	MODERATE
PORK BACON (OVEN)	L-002-00	RED	MODERATE
PORK SAUSAGE LINKS	L-091-52/53	RED	MODERATE
PORK SAUSAGE PATTIES	L-089-02	RED	MODERATE
POTATO, KALE & WHITE BEAN SOUP	P-307-00	GREEN	LOW
POTATOES AU GRATIN (CANNED, FRESH)	Q-051-50 Q-051-00	YELLOW	MODERATE
PUMPKIN BREAD (WHOLE WHEAT)	D-011-50	YELLOW	LOW
RASPBERRY STREUSEL	D-301-00	YELLOW	LOW
RED BEANS WITH BROWN RICE	E-010-50	GREEN	MODERATE
ROAST PORK TENDERLOIN (½ PORTION)	L-081-01	GREEN	MODERATE
ROAST PORK TENDERLOIN (½ PORTION)	L-081-00	YELLOW	MODERATE
ROASTED CAULIFLOWER (FRESH)	Q-109-51	GREEN	MODERATE
ROASTED POTATOES, PEPPERS & ONIONS	Q-317-00	GREEN	MODERATE

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
SAUTÉED MUSHROOMS	Q-030-00	GREEN	HIGH
SAUTÉED SPINACH (FROZEN)	Q-121-50	GREEN	HIGH
SCRAMBLED EGGS	F-010-00	YELLOW	LOW
SESAME ROASTED SWEET POTATOES	Q-322-00	GREEN	MODERATE
SHAKSHUKA	O-327-00	GREEN	HIGH
SOUTHWESTERN QUINOA CASSEROLE	E-301-00	GREEN	MODERATE
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 AND SPICY LENTILS	Q-335-00	GREEN	MODERATE
SWEET POTATO BISCUITS	D-001-53	YELLOW	MODERATE
SWEET POTATO BREAD	D-011-52	YELLOW	LOW
SWEET POTATO HOME FRIES	Q-318-00	GREEN	MODERATE
TEXAS HASH (TURKEY, BROWN RICE)	L-061-51	GREEN	LOW
TEXAS TORTILLA SOUP	P-025-00	GREEN	HIGH
TURKEY BACON (OVEN)	L-001-50	RED	HIGH
TURKEY SAUSAGE LINKS	L-200-00/-01	RED	LOW
TURKEY SAUSAGE PATTIES (BAKED/GRILLED)	L-180-50/51	RED	MODERATE
VEGETABLE SOUP	P-007-00	GREEN	HIGH
WHEAT BAKING POWDER BISCUITS	D-001-50	GREEN	MODERATE
WHOLE GRAIN CORN BREAD	D-014-50	GREEN	MODERATE
WHOLE GRAIN CRANBERRY ORANGE MUFFINS	D-509-51	YELLOW	LOW
WHOLE GRAIN FRENCH TOAST	D-022-50	GREEN	MODERATE
ZESTY BEAN SOUP	P-021-00	GREEN	LOW

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

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
ALMOND CRUSTED COD	L-119-06	YELLOW	MODERATE
APPLE GLAZED CORNED BEEF	L-112-01	YELLOW	LOW
ASIAN STIR FRY SOUP	P-500-00	GREEN	HIGH
BAJA FISH TACOS WITH QUINOA	L-301-00	GREEN	MODERATE
BAKED CHICKEN (8 PC)	L-143-00	YELLOW	HIGH
BAKED BEANS, CANNED	Q-002-00	GREEN	HIGH
BAKED CHICKEN AND NOODLES (WHOLE WHEAT)	L-144-55	YELLOW	HIGH
BAKED FLOUNDER	L-119-52	GREEN	MODERATE
BAKED HAM	L-069-00	YELLOW	HIGH
BAKED HAM WITH MAPLE GRAVY	L-069-50	YELLOW	HIGH
BAKED MACARONI AND CHEESE	F-001-00	RED	HIGH
BAKED POTATOES	Q-044-00	GREEN	LOW
BAKED SWEET POTATOES	Q-066-00	GREEN	LOW
BAKED TUNA AND NOODLES (WHEAT NOODLES, CHUNK LIGHT TUNA)	L-133-56	YELLOW	HIGH
BANANA CAKE	G-006-00	RED	MODERATE
BARBECUE SPARERIBS	L-092-00	RED	HIGH
BARBECUED CHICKEN (8 PC, RTU SAUCE)	L-146-01	YELLOW	HIGH
BARLEY SALAD	M-311-00	GREEN	MODERATE
BEAN SALAD WITH ASIAN DRESSING	M-309-00	GREEN	LOW

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
BEEF AND BEAN TOSTADAS	L-046-00	GREEN	HIGH
BEEF & BARLEY SOUP	P-001-01	GREEN	HIGH
BEEF BULGOGI	L-341-00	GREEN	HIGH
BEEF ENCHILADAS	L-063-00	YELLOW	HIGH
BEEF FAJITAS	L-043-50	GREEN	HIGH
BLACK BEAN AND SWEET POTATO BURRITO	N-312-00	GREEN	HIGH
BLACK BEAN QUESADILLA	N-311-00	GREEN	MODERATE
BLACK BEAN SOUP	P-303-00	GREEN	HIGH
BLACK EYED PEAS	Q-117-01	GREEN	MODERATE
BLACKENED CATFISH	L-337-00	GREEN	MODERATE
BLACKENED TILAPIA	L-339-00	GREEN	MODERATE
BOILED CHEESE RAVIOLI (FROZEN)	E-004-21	GREEN	MODERATE
BOSTON BAKED BEANS	Q-003-00	GREEN	MODERATE
BRAISED PORK CHOPS	L-085-00	GREEN	MODERATE
BROCCOLI (FROZEN, STEAMED)	Q-105-00	GREEN	LOW
BROCCOLI COMBO (FROZEN, SIMMERED)	Q-001-01	GREEN	LOW
BROCCOLI PARMESAN (FRESH, FROZEN)	Q-024-55 Q-024-50	GREEN	MODERATE
BROWN BREAD	D-313-00	GREEN	LOW
BROWN RICE	E-006-55	GREEN	LOW
BROWN RICE (PARBOILED, OVEN)	E-005-61	GREEN	LOW
BUFFALO CAULIFLOWER	Q-313-01	YELLOW	MODERATE
BUFFALO CHICKEN MACARONI AND CHEESE	L-343-00	RED	HIGH

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
BUTTERED EGG NOODLES	E-012-50	YELLOW	LOW
BUTTERED SPAGHETTI	E-320-00	YELLOW	LOW
BUTTERNUT SQUASH SOUP	P-310-00	GREEN	MODERATE
CAJUN GRILLED SALMON	L-322-01	GREEN	MODERATE
CAJUN ROAST BEEF	L-193-00	YELLOW	MODERATE
CAJUN ROASTED POTATO WEDGES	Q-070-51	GREEN	MODERATE
CANDIED SWEET POTATOES (CANNED)	Q-067-00	RED	MODERATE
CARIBBEAN BEEF CURRY	L-304-00	GREEN	MODERATE
CARIBBEAN BLACK BEANS	Q-301-00	GREEN	MODERATE
CARIBBEAN CATFISH	L-185-00	YELLOW	HIGH
CARIBBEAN CHICKEN AND CILANTRO PINEAPPLE RICE	L-303-00	YELLOW	LOW
CARIBBEAN SPICED FLOUNDER	L-185-51	GREEN	MODERATE
CARIBBEAN STYLE BAKED POTATO CASSEROLE	Q-302-00	GREEN	MODERATE
CARROT SALAD	M-005-00	GREEN	MODERATE
CARROTS (FROZEN STEAMED)	Q-108-54	GREEN	LOW
CARROTS AND CELERY AMANDINE (FROZEN)	Q-016-50	YELLOW	LOW
CAULIFLOWER COMBO (FROZEN, SIMMERED)	Q-001-03	GREEN	LOW
CAULIFLOWER COMBO (FROZEN, STEAMED)	Q-001-59	GREEN	LOW
CAULIFLOWER PAMESAN (FROZEN)	Q-024-52	GREEN	MODERATE
CHEDDAR CHICKEN AND BROCCOLI (BROWN RICE)	L-216-50	GREEN	HIGH
CHEESE SAUCE	F-002-00	RED	HIGH

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
CHEESEBURGER	N-012-01	RED	MODERATE
CHEESE TORTELLINI MARINARA	E-312-00	GREEN	HIGH
CHICKEN ADOBO (8 PC)	L-078-00	YELLOW	HIGH
CHICKEN BREAST IN ORANGE SAUCE	L-181-00	GREEN	LOW
CHICKEN BREAST PARMESAN (BONELESS)	L-051-50	GREEN	MODERATE
CHICKEN CACCIATORE (8 PC OR BONELESS)	L-148-00 L-148-50	GREEN GREEN	HIGH MODERATE
CHICKEN CORDON BLEU	L-348-00	YELLOW	MODERATE
CHICKEN NUGGETS	L-109-05	RED	MODERATE
CHILI	L-028-00	GREEN	MODERATE
CHILI MACARONI	L-028-02	GREEN	HIGH
CHINESE FIVE SPICE CHICKEN QUARTERS	L-153-50	YELLOW	MODERATE
CHINESE FIVE-SPICE CHICKEN (8 PC)	L-153-00	YELLOW	MODERATE
CHOCOLATE APPLESAUCE CAKE WITH CHOCOLATE BUTTERCREAM FROSTING	G-012-50 G-022-02	YELLOW RED	MODERATE LOW
CHOPPED GREEK SALAD	M-314-00	YELLOW	MODERATE
COD WITH GARLIC BUTTER	L-119-01	YELLOW	MODERATE
COLLARD GREENS (FROZEN)	Q-113-00	GREEN	LOW
CORN CHOWDER	P-011-00	YELLOW	MODERATE
COTTAGE FRIED POTATOES	Q-046-01	GREEN	LOW
CRANBERRY ALMOND BROCCOLI SALAD (WITH or WITHOUT BACON)	M-504-50 M-504-51	RED LOW	MODERATE MODERATE
CREAM OF BROCCOLI SOUP	P-014-01	YELLOW	HIGH

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
CREAMY RICE PUDDING	J-020-00	YELLOW	LOW
CREAMY TOMATO SOUP	P-006-50	YELLOW	HIGH
CREOLE MACARONI	L-064-00	GREEN	HIGH
CREOLE SOUP	P-003-00	GREEN	HIGH
CREOLE SPICED COD	L-135-55	GREEN	MODERATE
CUCUMBER AND ONION SALAD	M-015-00	GREEN	LOW
CURRIED VEGETABLE SOUP	P-028-00	GREEN	MODERATE
CURRY ROASTED CAULIFLOWER	Q-307-00	GREEN	MODERATE
DIJON BAKED PORK CHOPS	L-197-00	GREEN	HIGH
DINNER ROLL	D-804-00	YELLOW	MODERATE
EGG DROP SOUP	P-803-00	GREEN	MODERATE
EGGPLANT LASAGNA	T-300-00	YELLOW	MODERATE
FILIPINO RICE	E-007-02	YELLOW	HIGH
NEW ENGLAND FISH CHOWDER	P-013-00	YELLOW	LOW
FLATBREAD	RTU	YELLOW	—
FLOUNDER TEMPURA	L-122-01	RED	MODERATE
FLOUR TORTILLA, 6-INCH	RTU	YELLOW	MODERATE
FRANCONIA POTATOES	Q-050-01	GREEN	MODERATE
FRENCH APPLE TART	I-300-00	RED	LOW
FRENCH BREAD	D-004-00	YELLOW	MODERATE
FRENCH FRIES	Q-045-02	RED	MODERATE
FRENCH ONION SOUP	P-004-01	YELLOW	HIGH

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
FRIED CHICKEN (8 PC)	L-155-00	RED	MODERATE
FRIED CHINESE EGG ROLLS	B-002-01	RED	MODERATE
GARLIC AND SOY POTATOES	Q-319-00	GREEN	MODERATE
GARLIC BREAD	D-007-00	RED	MODERATE
GARLIC ROASTED POTATO WEDGES	Q-070-00	GREEN	LOW
GARLIC-LEMON ROASTED POTATO WEDGES	Q-084-00	GREEN	MODERATE
GINGER BROWN RICE	E-020-51	GREEN	MODERATE
GINGER GLAZED CARROTS	Q-017-01	YELLOW	MODERATE
GINGER POT ROAST	L-010-01	GREEN	LOW
GINGERBREAD	G-017-00	RED	LOW
GREEK HONEY CAKE	G-309-00	RED	LOW
GREEK LEMON MARINATED CHICKEN	L-352-00	GREEN	MODERATE
GREEK LEMON TURKEY PASTA (WHOLE GRAIN)	L-198-50	GREEN	MODERATE
GREEK ROASTED POTATOES	Q-338-00	GREEN	HIGH
GREEN BEANS CREOLE (FROZEN)	Q-007-01	GREEN	MODERATE
GREEN BEANS PARISIENNE	Q-042-01	YELLOW	MODERATE
GREEN BEANS WITH MUSHROOMS	Q-007-02	GREEN	MODERATE
GRILLED CARIBBEAN CHICKEN BREAST	L-305-01	GREEN	MODERATE
GRILLED CHICKEN BREAST	L-305-00	GREEN	LOW
GRILLED CHEESE ON WW BREAD	N-006-50	YELLOW	MODERATE
GRILLED HAM AND CHEESE ON WW BREAD	N-006-51	RED	HIGH

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
GRILLED HAMBURGER	N-012-00	YELLOW	LOW
GRILLED PORK CHOPS	L-085-01	YELLOW	LOW
GRILLED POTATO CAKES	Q-048-01	GREEN	MODERATE
GRILLED SALMON (6 OZ)	L-317-01	GREEN	MODERATE
GRILLED TOP SIRLOIN STEAK	L-007-00	GREEN	LOW
HACIENDA POTATOES	Q-079-00	GREEN	HIGH
HAMBURGER YAKISOBA WITH WW SPAGHETTI	L-062-50	GREEN	MODERATE
HERB BAKED COD	L-119-04	GREEN	MODERATE
HERBED BROCCOLI	Q-065-00	GREEN	MODERATE
HERBED BROWN RICE	E-005-59	GREEN	LOW
HERBED CHICKEN BREAST	L-143-05	GREEN	LOW
HONEY DIJON VEGETABLES	Q-082-00	GREEN	MODERATE
HOPPIN' JOHN	E-010-01	GREEN	MODERATE
HOT DOGS	L-088-02	RED	MODERATE
HOT GLAZED SWEET POTATOES	Q-334-00	YELLOW	MODERATE
HUNGARIAN GOULASH	L-065-00	GREEN	HIGH
HUNGARIAN MUSHROOM SOUP	P-311-00	YELLOW	HIGH
ISLANDER'S RICE (WHITE, OVEN)	E-016-50	GREEN	MODERATE
ITALIAN BROCCOLI PASTA	T-189-00	GREEN	HIGH
ITALIAN RICE AND BEEF	L-205-00	GREEN	HIGH
ITALIAN RICE (BROWN) AND TURKEY	L-205-52	GREEN	HIGH
ITALIAN RICE (WHITE) AND TURKEY	L-205-51	GREEN	HIGH

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
ITALIAN ROASTED POTATOES	Q-502-00	GREEN	MODERATE
ITALIAN SAUSAGE	L-309-00 (and varieties)	RED	MODERATE
ITALIAN STYLE BAKED BEANS (DRY OR CANNED)	Q-004-00 Q-004-01	GREEN GREEN	MODERATE MODERATE
ITALIAN STYLE PASTA SALAD (WHITE OR MULTIGRAIN PASTA)	M-029-00 M-029-50	YELLOW YELLOW	LOW LOW
JALAPENO RICE	E-316-00	YELLOW	MODERATE
JAPANESE VEGETABLE STIR FRY (FROZEN)	Q-073-50	GREEN	HIGH
KIELBASA (4 OZ, GRILLED)	L-088-50	RED	HIGH
LEMON HERB QUINOA	E-303-00	GREEN	MODERATE
LEMON SPONGE CAKE	G-304-00	YELLOW	LOW
LENTIL VEGETABLE SOUP	P-027-00	GREEN	MODERATE
LIMA BEANS (FROZEN, STEAMED)	Q-102-50	GREEN	LOW
LITE CHEESECAKE (SHEETPAN)	G-036-00	RED	MODERATE
LITE PUMPKIN GINGER CHEESECAKE WITH GINGERBREAD CRUST	G-036-02	YELLOW	MODERATE
LOADED BAKED POTATO SOUP	P-313-00	RED	HIGH
LYONNAISE CARROTS	Q-017-00	YELLOW	MODERATE
LYONNAISE GREEN BEANS	Q-007-00	YELLOW	MODERATE
LYONNAISE RICE	E-005-01	YELLOW	LOW
MACARONI SALAD (WHITE OR MULTIGRAIN PASTA)	M-034-00 M-034-50	YELLOW GREEN	LOW LOW
MAMBO MANGO PORK ROAST	L-523-50	YELLOW	MODERATE
MANDARIN QUINOA SALAD	M-308-00	GREEN	LOW

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
MEATLOAF	L-035-00	YELLOW	MODERATE
MEDITERRANEAN BROWN RICE	E-017-51	GREEN	LOW
MEDITERRANEAN QUINOA CAKES	E-306-00	GREEN	LOW
MEDITERRANEAN BULGUR WHEAT SALAD	M-313-00	GREEN	LOW
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 COLE SLAW	M-008-01	GREEN	MODERATE
MEXICAN CORN	Q-027-02	GREEN	MODERATE
MEXICAN PEPPER STEAK	L-835-00	GREEN	HIGH
MEXICAN POTATO SALAD	M-062-00	GREEN	HIGH
MEXICAN RICE	E-011-00	YELLOW	MODERATE
MEXICAN ROASTED SWEET POTATOES	Q-321-00	GREEN	MODERATE
MINISTRONE SOUP	P-007-01	GREEN	HIGH
MUJADDARA (RICE AND LENTILS)	E-326-00	GREEN	MODERATE
MUSTARD-DILL COD	L-119-05	GREEN	MODERATE
NEW ENGLAND CLAM CHOWDER	P-013-01	GREEN	LOW
NOT YOUR GRANDMA'S SOUTHERN COLLARD GREENS	Q-316-00	GREEN	HIGH
ONION RINGS	Q-035-01	RED	MODERATE
ONION SOUP (DEHYDRATED MIX)	P-017-01	YELLOW	HIGH
ORANGE BROWN RICE PILAF	E-008-51	GREEN	MODERATE

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
ORIENTAL RICE	E-800-00	YELLOW	MODERATE
ORIENTAL STIR FRY CABBAGE	Q-015-00	GREEN	MODERATE
OVEN BROWNED POTATOES	Q-050-00	GREEN	MODERATE
OVEN GLO POTATOES	Q-050-02	YELLOW	MODERATE
PARMESAN CAULIFLOWER (FROZEN)	Q-024-52	YELLOW	MODERATE
PARMESAN COD	L-032-51	YELLOW	MODERATE
PARMESAN GARLIC MASHED POTATOES (FRESH)	Q-048-50	GREEN	MODERATE
PARSLEY BUTTERED POTATOES	Q-033-00	GREEN	MODERATE
PASTA PRIMAVERA (WHOLE WHEAT, WHITE)	T-501-00 T-501-01	GREEN	LOW
PASTA PROVENCAL	T-510-00 T-510-01	GREEN YELLOW	MODERATE MODERATE
PEACH CRISP	J-008-00	YELLOW	LOW
PEAS (FROZEN)	Q-116-00	GREEN	LOW
PEAS WITH MUSHROOMS (FROZEN & CANNED, OR BOTH CANNED)	Q-041-00 Q-041-04	GREEN YELLOW	MODERATE MODERATE
PEAS WITH CARROTS (FROZEN)	Q-041-01	GREEN	MODERATE
PINEAPPLE CHICKEN (8 PC)	L-157-00	YELLOW	HIGH
PINEAPPLE MARINATED PORK CHOPS	L-194-51	GREEN	MODERATE
PITA BREAD	RTU	YELLOW	
PORK ADOBO	L-099-00	YELLOW	HIGH
MEXICAN SPICED PORK CHOPS	L-087-00	YELLOW	MODERATE
PORK CHOPS WITH APPLES	L-084-01	YELLOW	MODERATE

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
PORK CHOW MEIN	L-080-00	YELLOW	MODERATE
POTATO AND GREEN BEAN SALAD	M-304-00	GREEN	LOW
POTATO SALAD	M-040-00	GREEN	MODERATE
POTATO, KALE & WHITE BEAN SOUP	P-307-00	GREEN	LOW
POTATOES AU GRATIN (CANNED, FRESH)	Q-051-50 Q-051-51	YELLOW	MODERATE
PROTEIN BOMB BLONDIES	H-302-00	YELLOW	MODERATE
PUMPKIN CHOCOLATE CHIP PECAN BARS	G-305-00	YELLOW	LOW
QUICK BAKED POTATO HALVES	Q-044-01	GREEN	LOW
RED BEAN AND CILANTRO SALAD	M-031-50	GREEN	LOW
RED BEAN SALAD	M-031-00	GREEN	MODERATE
RED BEANS WITH BROWN RICE	E-010-50	GREEN	MODERATE
REFRIED BEANS WITH CHEESE (RTU BEANS)	Q-038-02	YELLOW	MODERATE
RICE PILAF (WHITE, TILT)	E-008-00	YELLOW	MODERATE
ROAST BEEF	L-005-00	YELLOW	MODERATE
ROAST PORK LOIN	L-081-00	YELLOW	MODERATE
ROAST PORK TENDERLOIN	L-081-01	GREEN	MODERATE
ROAST TURKEY (BONELESS)	L-162-00	YELLOW	MODERATE
ROASTED ASPARAGUS (FRESH)	Q-314-00	GREEN	MODERATE
ROASTED BROCCOLI (FRESH)	Q-315-00	GREEN	MODERATE
ROASTED BRUSSELS SPROUTS (FRESH)	Q-106-51	GREEN	MODERATE
ROASTED CARROTS (FROZEN)	Q-108-51	GREEN	MODERATE

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
ROASTED EGGPLANT	Q-312-00	GREEN	MODERATE
ROASTED POTATOES AND PEPPERS	Q-504-00	GREEN	HIGH
ROASTED SWEET POTATO WEDGES	Q-305-00	GREEN	MODERATE
ROASTED ZUCCHINI (FRESH/FROZEN)	Q-122-52 Q-122-53	GREEN GREEN	MODERATE HIGH
ROSEMARY ROAST PORK TENDERLOIN	L-081-53	GREEN	MODERATE
ROSEMARY ROASTED POTATO WEDGES	Q-071-00	GREEN	LOW
SALMON WITH HERB VINAIGRETTE (6 OZ)	L-318-01	GREEN	MODERATE
SALMON WITH MEDITERRANEAN SALSA (6 OZ)	L-330-01	GREEN	MODERATE
SAUTÉED CABBAGE	Q-012-00	GREEN	MODERATE
SAUTÉED GARLIC SPINACH	Q-306-00	GREEN	HIGH
SAUTÉED MUSHROOMS AND ONIONS	Q-030-01	GREEN	HIGH
SAUTÉED SPINACH (FROZEN)	Q-121-50	GREEN	HIGH
SAVORY BAKED CHICKEN (8 PC)	L-158-00	YELLOW	MODERATE
SAVORY ROAST LAMB	L-077-00	YELLOW	LOW
SCALLOPED POTATOES WITH ONIONS	Q-055-50	GREEN	MODERATE
SESAME CHICKEN BREAST	L-342-00	GREEN	LOW
SESAME GLAZED GREEN BEANS	Q-072-00	GREEN	MODERATE
SESAME ROASTED SWEET POTATOES	Q-322-00	GREEN	MODERATE
SHRIMP CHOW MEIN	L-080-01	GREEN	HIGH
SHRIMP JAMBALAYA	L-097-00	GREEN	HIGH

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
SHRIMP STIR FRY	L-810-56	GREEN	HIGH
SICILIAN BROWN RICE	E-015-00	GREEN	HIGH
SIMMERED DRY PINTO BEANS	Q-005-50	GREEN	MODERATE
SOUTHERN FRIED CATFISH FILLETS	L-056-00	RED	LOW
SOUTHERN FRIED CHICKEN (8 PC)	L-155-01	RED	HIGH
SOUTHERN FRIED OKRA	Q-032-00	RED	MODERATE
SOUTHERN-STYLE COLLARD GREENS	Q-029-00	RED	MODERATE
SOUTHERN-STYLE GREEN BEANS	Q-007-04	RED	MODERATE
SOUTHWEST VEGETABLE STUFFED PEPPERS	T-176-00	GREEN	LOW
SOUTHWESTERN RICE	E-508-00	YELLOW	MODERATE
SPICY BROWN RICE	E-018-51	GREEN	MODERATE
SPINACH AND APPLE SALAD	M-002-01	GREEN	LOW
SPINACH LASAGNA	T-009-00	YELLOW	HIGH
STACKED 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/FROZEN)	Q-109-50 Q-109-52	GREEN GREEN	LOW LOW
STEAMED GREEN BEANS (FRESH/FROZEN)	Q-309-00 Q-309-01	GREEN GREEN	LOW LOW
STEAMSHIP ROUND OF BEEF	L-004-02	GREEN	LOW
STRAWBERRY OR BLUEBERRY COMPOTE (PLAIN OR OVER CAKE OR ICE CREAM)	K-305-00 K-305-01	GREEN	LOW

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
SUCCOTASH (FROZEN, BOILED)	Q-124-00	GREEN	LOW
SUKIYAKI-STYLE BEEF STIR FRY	L-006-00	GREEN	HIGH
SWEDISH MEATBALLS (TURKEY)	L-041-01	YELLOW	MODERATE
SWEET AND SOUR CABBAGE	Q-043-00	YELLOW	HIGH
SWEET AND SOUR SPARERIBS (RTU SAUCE)	L-094-50	RED	MODERATE
SWEET POTATO PIE	I-012-00	YELLOW	LOW
SZECHWAN CHICKEN BREAST	L-159-51	YELLOW	MODERATE
TAMALE PIE WITH CHEESE	L-057-00	GREEN	HIGH
TAMALE PIE WITH CHEESE (TURKEY)	L-201-00	GREEN	HIGH
TANGY SPINACH	Q-063-00	GREEN	HIGH
TEMPURA VEGETABLES	Q-068-00	RED	MODERATE
TERIYAKI CHICKEN (THIGH OR BREAST)	L-114-52 L-114-56	YELLOW YELLOW	HIGH HIGH
TERIYAKI SALMON	L-319-01	GREEN	MODERATE
TERIYAKI STEAK	L-008-00	YELLOW	HIGH
TEXAS TORTILLA SOUP	P-025-00	GREEN	HIGH
THREE BEAN SALAD	M-045-00	GREEN	MODERATE
THREE BEAN TACOS	T-507-00	GREEN	HIGH
TOMATO SALAD	M-053-50	YELLOW	MODERATE
TORTILLA CHIPS, RTU	NA	RED	MODERATE
TOSSED VEGETABLE SALAD	M-048-00	GREEN	LOW
TROPICAL BLACK BEAN SALAD (FRESH/CANNED PINEAPPLE)	M-074-50 M-074-51	GREEN GREEN	LOW LOW

AFRS RECIPE	AFRS RECIPE NUMBER	G4G COLOR CODE	G4G SODIUM CODE
TURKEY CHILI MACARONI	L-028-04	GREEN	HIGH
TURKEY ENCHILADAS	L-063-02	YELLOW	HIGH
TURKISH-STYLE MEATBALLS	L-357-00	YELLOW	HIGH
TURKEY PORCUPINES	L-029-01	GREEN	HIGH
TURKEY SAUSAGE BAKE (WHOLE WHEAT)	L-208-00	GREEN	MODERATE
TURKISH BULGUR PILAF	E-327-00	GREEN	LOW
TZATZIKI SAUCE	O-024-00	YELLOW	LOW
VEGETABLE LASAGNA	T-508-07	YELLOW	HIGH
VEGETABLE SLOPPY JOES	T-010-00	YELLOW	LOW
VEGETABLE SOUP	P-007-00	GREEN	HIGH
VEGETABLE STIR FRY (FROZEN)	Q-025-50	GREEN	HIGH
WHITE RICE	E-005-00 E-005-50	YELLOW	LOW
WHOLE GRAIN CORN BREAD	D-014-50	GREEN	MODERATE
WHOLE GRAIN DINNER ROLL	RTU	GREEN	MODERATE
WHEAT FOCCACIA BREAD	D-306-01	GREEN	LOW
YOGURT PARFAIT	J-300-00 J-311-00	GREEN YELLOW	LOW LOW
ZESTY BEAN SOUP	P-021-00	GREEN	LOW