### Menu of the Week

<table>
<thead>
<tr>
<th>2/12 (MON)</th>
<th>2/13 (TUE)</th>
<th>2/14 (WED)</th>
<th>2/15 (THU)</th>
<th>2/16 (FRI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Honey Ribs</td>
<td>Honey Ribs</td>
<td>Hot Pulled</td>
<td>Hot Pulled</td>
<td>Honey Ribs</td>
</tr>
<tr>
<td>Hard Cooked Eggs</td>
<td>Hard Cooked Eggs</td>
<td>Hard Cooked Eggs</td>
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<tr>
<td>Sausage Bread Bar</td>
<td>Sausage Bread Bar</td>
<td>Sausage Bread Bar</td>
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<td>Sausage Bread Bar</td>
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<tr>
<td>Breakfast Menu</td>
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</tbody>
</table>

#### Vegetable with Beef Soup
- Red: Beef Barley Soup
- Yellow: Cream of Broccoli Soup
- Green: Vegetable Soup

#### Chicken Fillet Sandwich
- Red: Chicken Fillet Sandwich
- Yellow: Shogun Deluxe Burger
- Green: French Fried Potatoes

#### Chicken Fried Potatoes
- Red: Chicken Fried Potatoes
- Yellow: Pork Sausage
- Green: Baked Potato Skins

#### Beef Rolls
- Red: Beef Rolls
- Yellow: Sausage Rolls
- Green: Sausage Rolls

#### Dessert Bar
- Red: Dessert Bar
- Yellow: Dessert Bar
- Green: Dessert Bar

### GETTING TO KNOW GO FOR GREEN®

Foods and beverages are labeled with two kinds of symbols:

- **GREEN** indicates low-sodium (salt) content.
- **YELLOW** indicates moderate-sodium (salt) content.

### NASVUP

Naval Supply Systems Command

2/17 (SAT) | 2/18 (SUN) |
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Hot Pulled</td>
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</tr>
<tr>
<td>Omelet Bar</td>
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<tr>
<td>Breakfast Menu</td>
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</tbody>
</table>

### Milk Options

<table>
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<th>2/15 (THU)</th>
<th>2/16 (FRI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee</td>
<td>Coffee</td>
<td>Coffee</td>
<td>Coffee</td>
<td>Coffee</td>
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<tr>
<td>Hot Chocolate</td>
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</tr>
</tbody>
</table>

### Nutrition Facts

- **Low Sodium**: Foods with low sodium content.
- **Moderate Sodium**: Foods with moderate sodium content.
- **High Sodium**: Foods with high sodium content.

### Sodium Chart

- **Low Sodium**: Below 140 mg.
- **Moderate Sodium**: 140-239 mg.
- **High Sodium**: 240 mg or more.

### Sodium Content

- **Sodium**: Levels of sodium in various dishes.

### Nutritional Information

- **Calories**: Nutritional information for each dish.
- **Protein**: Protein content in each dish.
- **Fat**: Fat content in each dish.
- **Carbohydrates**: Carbohydrate content in each dish.