# Shogun Cafe Menu of the Week

**3/5 (MON)**
- Honeyed Grills
- Hard Cooked Eggs
- Breakfast Burrito
- Hashed Browns
- French Toast
- Omelet Bar
- French Fried Potatoes
- Braised Beef Cubes
- Sasebo Salad Bar
- Breakfast Pastry
- Dessert Bar
- Lowfat Yogurt

**3/6 (TUE)**
- Honeyed Grills
- Hard Cooked Eggs
- Breakfast Burrito
- Hashed Browns
- French Toast
- Omelet Bar
- French Fried Potatoes
- Braised Beef Cubes
- Sasebo Salad Bar
- Breakfast Pastry
- Dessert Bar
- Lowfat Yogurt

**3/7 (WED)**
- Honeyed Grills
- Hard Cooked Eggs
- Breakfast Burrito
- Hashed Browns
- French Toast
- Omelet Bar
- French Fried Potatoes
- Braised Beef Cubes
- Sasebo Salad Bar
- Breakfast Pastry
- Dessert Bar
- Lowfat Yogurt

**3/8 (THU)**
- Honeyed Grills
- Hard Cooked Eggs
- Breakfast Burrito
- Hashed Browns
- French Toast
- Omelet Bar
- French Fried Potatoes
- Braised Beef Cubes
- Sasebo Salad Bar
- Breakfast Pastry
- Dessert Bar
- Lowfat Yogurt

**3/9 (FRI)**
- Honeyed Grills
- Hard Cooked Eggs
- Breakfast Burrito
- Hashed Browns
- French Toast
- Omelet Bar
- French Fried Potatoes
- Braised Beef Cubes
- Sasebo Salad Bar
- Breakfast Pastry
- Dessert Bar
- Lowfat Yogurt

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**3/10 (SAT)**
- Honeyed Grills
- Hard Cooked Eggs
- Omelet Bar
- French Fried Potatoes
- Sasebo Salad Bar
- Sasebo Breakfast Buffet
- Sasebo Fruit Bar
- French Toast
- Dessert Bar
- Lowfat Yogurt

**3/11 (SUN)**
- Honeyed Grills
- Hard Cooked Eggs
- Omelet Bar
- French Fried Potatoes
- Sasebo Salad Bar
- Sasebo Breakfast Buffet
- Sasebo Fruit Bar
- French Toast
- Dessert Bar
- Lowfat Yogurt

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### Getting to Know Go for Green

Foods and beverages are labeled with two kinds of symbols:

- **GREEN**: Foods with low processed foods, few processed foods, few nutrient-content, high in fiber, low in added sugar, high in fiber, and high in fiber.
- **YELLOW**: Foods with some processing, few nutrient-content, low in fiber, high in fiber, low in added sugar, and high in fiber.
- **RED**: Foods with a lot of processed foods, many processed foods, many nutrient-content, high in fiber, low in fiber, low in added sugar, and high in fiber.

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**5 - 13 Mar 2018**

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