



	1/30 (MON)			1/31 (TUE)			2/1 (WED)			2/2 (THU)			2/3 (FRI)		
	Menu Item	G4G Code	Sodium	Menu Item	G4G Code	Sodium	Menu Item	G4G Code	Sodium	Menu Item	G4G Code	Sodium	Menu Item	G4G Code	Sodium
B R E A K F A S T	Hominy Grits	YELLOW	LOW	Hot Farina	GREEN	LOW	Hot Oatmeal	GREEN	LOW	Hot Farina	GREEN	LOW	Hominy Grits	YELLOW	LOW
	Hard Cooked Eggs	YELLOW	LOW	Hard Cooked Eggs	YELLOW	LOW	Hard Cooked Eggs	YELLOW	LOW	Hard Cooked Eggs	YELLOW	LOW	Hard Cooked Eggs	YELLOW	LOW
	Omelet Bar	YELLOW	LOW	Omelet Bar	YELLOW	LOW	Omelet Bar	YELLOW	LOW	Omelet Bar	YELLOW	LOW	Omelet Bar	YELLOW	LOW
	Oven Fried Bacon	RED	MOD	Oven Fried Bacon	RED	MOD	Oven Fried Bacon	RED	MOD	Oven Fried Bacon	RED	MOD	Oven Fried Bacon	RED	MOD
	Corned Beef Hash	RED	MOD	Grilled Sausage Links	RED	MOD	Grilled Sausage Patties	RED	MOD	Breakfast Burrito	YELLOW	LOW	Grilled Sausage Links	RED	MOD
	Breakfast Rice	YELLOW	MOD	Tater Tots	RED	LOW	Breakfast Rice	YELLOW	MOD	Hashed Browns	RED	LOW	Tater Tots	RED	LOW
	Fruit Pancakes	YELLOW	MOD	French Toast	YELLOW	MOD	Fruit Pancakes	YELLOW	MOD	French Toast	YELLOW	MOD	French Toast	YELLOW	MOD
	Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW
	Sasebo Bread Bar	GREEN	LOW	Sasebo Bread Bar	GREEN	LOW	Sasebo Bread Bar	GREEN	LOW	Sasebo Bread Bar	GREEN	LOW	Sasebo Bread Bar	GREEN	LOW
	Breakfast Pastry	YELLOW	LOW	Breakfast Pastry	YELLOW	LOW	Breakfast Pastry	YELLOW	LOW	Breakfast Pastry	YELLOW	LOW	Breakfast Pastry	YELLOW	LOW
	Assorted Cereal	GREEN	LOW	Assorted Cereal	GREEN	LOW	Assorted Cereal	GREEN	LOW	Assorted Cereal	GREEN	LOW	Assorted Cereal	GREEN	LOW
	Lowfat Yogurt	GREEN	LOW	Lowfat Yogurt	GREEN	LOW	Lowfat Yogurt	GREEN	LOW	Lowfat Yogurt	GREEN	LOW	Lowfat Yogurt	GREEN	LOW
	L U N C H	Vegetable with Beef Soup	GREEN	HIGH	Com Chowder	GREEN	HIGH	Shogun Gukbap Soup	YELLOW	HIGH	Cream of Broccoli Soup	RED	HIGH	Vegetable Cheese Chowder	YELLOW
Swiss Steak w/Mushroom Gravy		YELLOW	MOD	Italian Style Veal Steaks	RED	MOD	Beef Curry	GREEN	MOD	Beef Stroganoff	RED	MOD	Lemon Baked Salmon	GREEN	LOW
Chicken Divan		GREEN	HIGH	Baked Alaskan Stuffed Fish	YELLOW	MOD	Herbed Baked Chicken	RED	MOD	BBO Pork Loin	YELLOW	MOD	Pepper Steak	YELLOW	MOD
Mushroom Gravy		YELLOW	HIGH	Brown Gravy	YELLOW	MOD	Chicken Gravy	RED	MOD	Brown Gravy	YELLOW	MOD	Brown Gravy	YELLOW	MOD
Steamed Rice		YELLOW	LOW	Mashed Potatoes	YELLOW	LOW	Steamed Rice	YELLOW	LOW	Seasoned Egg Noodles	YELLOW	LOW	Steamed Rice	YELLOW	LOW
Roasted Pepper Potatoes		GREEN	LOW	Steamed Rice	YELLOW	LOW	Mashed Potatoes	YELLOW	LOW	Steamed Rice	YELLOW	LOW	Roasted Pepper Potatoes	GREEN	LOW
Steamed Mixed Vegetables		GREEN	LOW	Simmered Asparagus	GREEN	LOW	Mashed Potatoes	YELLOW	LOW	Steamed Cauliflower	GREEN	LOW	Lyonnaise Wax Beans	YELLOW	LOW
Steamed Brussels Sprouts		GREEN	LOW	Corn-on-the-Cob	GREEN	LOW	Simmered Corn	GREEN	LOW	Steamed Mixed Vegetables	GREEN	LOW	Steamed Peas	GREEN	LOW
Chicken Fillet Sandwich		RED	MOD	Shogun Deluxe Burger	RED	MOD	Chili Dog w/Cheese & Onions	RED	MOD	Shogun Deluxe Burger	RED	MOD	Chicken Fillet Sandwich	RED	MOD
French Fried Potatoes		RED	MOD	French Fried Onion Rings	RED	LOW	French Fried Potatoes	RED	MOD	French Fried Potatoes	RED	MOD	French Fried Potatoes	RED	MOD
Sasebo Salad Bar		GREEN	LOW	Sasebo Salad Bar	GREEN	LOW	Sasebo Salad Bar	GREEN	LOW	Sasebo Salad Bar	GREEN	LOW	Sasebo Salad Bar	GREEN	LOW
Sasebo Fruit Bar		GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW
Hot Rolls		YELLOW	MOD	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	-	
D I N N E R	Egg Drop Soup	GREEN	HIGH	Cream of Potato Soup	GREEN	LOW	Minestrone	YELLOW	HIGH	Vegetable Soup	GREEN	HIGH	Manhattan Clam Chowder	GREEN	LOW
	Chicken Szechwan	RED	MOD	Roast Beef	GREEN	LOW	Chicken Adobo	YELLOW	HIGH	Pizza Casserole	YELLOW	MOD	Seafood Newburg	RED	MOD
	Braised Beef Cubes	GREEN	LOW	Chicken Stir Fry	GREEN	MOD	Yankee Pot Roast	GREEN	MOD	Turkey a la King	YELLOW	MOD	Steak Ranchero	YELLOW	MOD
	Brown Gravy	YELLOW	MOD	Brown Gravy	YELLOW	MOD	Au Jus	GREEN	LOW	Turkey Gravy	RED	MOD	Brown Gravy	YELLOW	MOD
	Steamed Rice	YELLOW	LOW	Baked Potato Skins	GREEN	LOW	Steamed Rice	YELLOW	LOW	Parsley Buttered Potatoes	YELLOW	LOW	Steamed rice	YELLOW	LOW
	Noodles Jefferson	RED	MOD	Steamed Rice	YELLOW	LOW	Oven Browned Potatoes	RED	LOW	Steamed Rice	YELLOW	LOW	Mashed Potatoes	YELLOW	LOW
	Steamed Broccoli	GREEN	LOW	Steamed Peas	GREEN	LOW	Louisiana Smothered Squash	RED	MOD	Green Beans with Corn	GREEN	MOD	Steamed Broccoli	GREEN	LOW
	Cream Style Corn	YELLOW	MOD	Steamed Cauliflower	GREEN	LOW	Steamed Broccoli	GREEN	LOW	California Vegetable Medley	GREEN	LOW	Stewed Tomatoes w/CROUTONS	RED	MOD
	Sasebo Salad Bar	GREEN	LOW	Sasebo Salad Bar	GREEN	LOW	Sasebo Salad Bar	GREEN	LOW	Sasebo Salad Bar	GREEN	LOW	Sasebo Salad Bar	GREEN	LOW
	Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW
	Hot Rolls	YELLOW	MOD	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:**



- 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](http://hprc-online.org/nutrition/go-for-green)



	2/4 (SAT)			2/5 (SUN)		
	Menu Item	G4G Code	Sodium	Menu Item	G4G Code	Sodium
B R E A K F A S T	Hot Farina	GREEN	LOW	Hot Oatmeal	GREEN	LOW
	Hard Cooked Eggs	YELLOW	LOW	Hard Cooked Eggs	YELLOW	LOW
	Omelet Bar	YELLOW	LOW	Omelet Bar	YELLOW	LOW
	Oven Fried Bacon	RED	MOD	Oven Fried Bacon	RED	MOD
	Corned Beef Hash	RED	MOD	Breakfast Burrito	YELLOW	LOW
	Breakfast Rice	YELLOW	MOD	Tater Tots	RED	LOW
	Fruit Pancakes	YELLOW	MOD	French Toast	YELLOW	MOD
	Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW
	Sasebo Bread Bar	GREEN	LOW	Sasebo Bread Bar	GREEN	LOW
	Breakfast Pastry	YELLOW	LOW	Breakfast Pastry	YELLOW	LOW
	Assorted Cereal	GREEN	LOW	Assorted Cereal	GREEN	LOW
	Lowfat Yogurt	GREEN	LOW	Lowfat Yogurt	GREEN	LOW
	L U N C H	Hard Cooked Eggs	YELLOW	LOW	Hard Cooked Eggs	YELLOW
Omelet Bar		YELLOW	LOW	Omelet Bar	YELLOW	LOW
Creole Soup		GREEN	HIGH	Chicken Noodle Soup	YELLOW	HIGH
BBQ Beef Sandwich		YELLOW	MOD	Chicken Stir Fry	GREEN	MOD
Chicken Fillet Nuggets		RED	MOD	Chili Dog w/Cheese & Onions	RED	MOD
BBQ Sauce		GREEN	HIGH	Brown Gravy	YELLOW	MOD
Potato Steak Fries		RED	MOD	Steamed rice	YELLOW	LOW
French Fried Onion Rings		RED	LOW	Potato Steak Fries	RED	MOD
Steamed Brussels Sprouts		GREEN	LOW	Steamed Mixed Vegetables	GREEN	LOW
Southwestern Yellow Squash		YELLOW	MOD	Southern Style Green	YELLOW	LOW
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	-	
D I N N E R	Chicken with Rice Soup	YELLOW	HIGH	French Onion Soup	RED	HIGH
	Savory Baked Chicken	RED	MOD	Veal Paprika Steak	RED	HIGH
	Beef and Broccoli	YELLOW	HIGH	Parmesan Fish	RED	MOD
	Brown Gravy	YELLOW	MOD	Brown Gravy	YELLOW	MOD
	Mashed Potatoes	YELLOW	LOW	Tossed Green Rice	YELLOW	LOW
	Steamed rice	YELLOW	LOW	Garlic Roasted Potato Wedges	GREEN	LOW
	Club Spinach	RED	MOD	Simmered Asparagus	GREEN	LOW
	Simmered Corn	GREEN	LOW	Steamed Cauliflower	GREEN	LOW
	Sasebo Salad Bar	GREEN	LOW	Sasebo Salad Bar	GREEN	LOW
	Sasebo Fruit Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW
	Hot Rolls	YELLOW	MOD	Hot Rolls	YELLOW	MOD
	Dessert Bar	RED	-	Dessert Bar	RED	-