### Menu of the Week

**28 May - 3 Jun 2018**

<table>
<thead>
<tr>
<th>Day</th>
<th>5/28 (MON)</th>
<th>5/29 (TUE)</th>
<th>5/30 (WED)</th>
<th>5/31 (THU)</th>
<th>6/1 (FRI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Sasebo Bread Bar</td>
<td>Breakfast Punch</td>
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### Getting to Know Go for Green

Based on nutrition quality:

- **GREEN**: Foods with low/no processed ingredients, high fiber, high water content.
- **YELLOW**: Foods with some processing, some unhealthy ingredients. 
- **RED**: Foods with high levels of unhealthy ingredients, high sodium, high sugar.

Based on sodium (salt) content:

- **LOW**: Foods with low sodium content.
- **MEDIUM**: Foods with moderate sodium content.
- **HIGH**: Foods with high sodium content.

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**6/2 (SAT)**

- Hot Rolls
- Sasebo Salad Bar
- Sasebo Bread Bar
- Dessert Bar

**6/3 (SUN)**

- Hot Rolls
- Sasebo Salad Bar
- Sasebo Bread Bar
- Dessert Bar

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**GETTING TO KNOW GO FOR GREEN**

Foods and beverages are labeled with two kinds of symbols:

- **GREEN**: Foods with low/no processed ingredients, high fiber, high water content.
- **YELLOW**: Foods with some processing, some unhealthy ingredients.
- **RED**: Foods with high levels of unhealthy ingredients, high sodium, high sugar.

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**NAVSPU**

**NAVAL SUPPLY SYSTEMS CENTER**

**PACIFIC**

www.navy.mil

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