### 6/4 (MON)
- **Hot Oatmeal**
- **Hard Cooked Eggs**
- **Green Beans**
- **Tomato**
- **Buttered Toast**
- **Sausage**
- **Orange Juice**
- **Coffee**

### 6/5 (TUE)
- **Hot Rice**
- **Tuna Salad**
- **Green Beans**
- **Tomato**
- **Buttered Toast**
- **Sausage**
- **Orange Juice**
- **Coffee**

### 6/6 (WED)
- **Hot Oatmeal**
- **Hard Cooked Eggs**
- **Green Beans**
- **Tomato**
- **Buttered Toast**
- **Sausage**
- **Orange Juice**
- **Coffee**

### 6/7 (THU)
- **Hot Oatmeal**
- **Hard Cooked Eggs**
- **Green Beans**
- **Tomato**
- **Buttered Toast**
- **Sausage**
- **Orange Juice**
- **Coffee**

### 6/8 (FRI)
- **Hot Oatmeal**
- **Hard Cooked Eggs**
- **Green Beans**
- **Tomato**
- **Buttered Toast**
- **Sausage**
- **Orange Juice**
- **Coffee**

### 6/9 (SAT)
- **Hot Fries**
- **Sloppy Joe**
- **Green Beans**
- **Tomato**
- **Buttered Toast**
- **Sausage**
- **Orange Juice**
- **Coffee**

### 6/10 (SUN)
- **Omelet Bar**
- **Green Beans**
- **Tomato**
- **Buttered Toast**
- **Sausage**
- **Orange Juice**
- **Coffee**

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### Getting to Know Go for Green

**Based on nutrition quality:**
- **GREEN**
  - High nutrient value
  - Limited saturated fat
  - Limited cholesterol
  - Low sodium
- **YELLOW**
  - Foods with some processing
  - Some unhealthy nutrients
  - Lower in fiber
  - Added sugar or artificial sweetener
  - Poor quality fats
- **RED**
  - Most processed foods
  - Often with multiple unhealthy ingredients
  - Lower in nutrients and fiber
  - Added sugar or artificial sweetener
  - Excess fat, trans fat, or food additives

**Based on sodium (salt) content:**
- **LOW**
- **MODERATE**
- **HIGH**

**Watch these:**
- Low in added sugar
- Low in sodium

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**NAVSUP**: Naval Supply Systems Command

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**Shogun Cafe**

**Menu of the Week**

**4 - 10 Jun 2018**

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