



	12/26 (MON)			12/27 (TUE)			12/28 (WED)			12/29 (THU)			12/30 (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	Hot Oatmeal	GREEN	LOW	Hot Farina	GREEN	LOW	Hominy Grits	YELLOW	LOW	Hot Farina	GREEN	LOW	Hot Oatmeal	GREEN	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
	Grilled Sausage Links	RED	MOD	Corned Beef Hash	RED	MOD	Corned Beef Hash	RED	MOD	Grilled Sausage Links	RED	MOD	Corned Beef Hash	RED	MOD
	Breakfast Rice	YELLOW	MOD	Hashed Browns	RED	LOW	Tater Tots	RED	LOW	Breakfast Rice	YELLOW	MOD	Hashed Browns	RED	LOW
	French Toast	YELLOW	MOD	Fruit Pancakes	YELLOW	MOD	Fruit Pancakes	YELLOW	MOD	French Toast	YELLOW	MOD	Fruit Pancakes	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	Hard Cooked Eggs	YELLOW	LOW	Beef Rice Soup	YELLOW	HIGH	Manhattan Clam Chowder	GREEN	HIGH	Cream of Potato Soup	GREEN	LOW	Chinese Flower Soup	GREEN	HIGH
	Omelet Bar	YELLOW	LOW	Baked Halibut Steak	GREEN	LOW	Swiss Steak w/Brown Gravy	YELLOW	MOD	Lemon Baked Salmon	GREEN	LOW	Szechwan Shrimp	GREEN	MOD
	Corn Chowder	GREEN	HIGH	Beef Stroganoff	RED	MOD	Barbecued Pork Loin	YELLOW	MOD	Mambo Pork Roast	YELLOW	LOW	Teriyaki Chicken	RED	MOD
	Steak Smothered w/Onions	YELLOW	LOW	Brown Gravy	YELLOW	MOD	Brown Gravy	YELLOW	MOD	Brown Gravy	YELLOW	MOD	Brown Gravy	YELLOW	MOD
	Chicken Fillet Sandwich	RED	MOD	Steamed Rice	YELLOW	LOW	Steamed Rice	YELLOW	LOW	Steamed Rice	YELLOW	LOW	Steamed Rice	YELLOW	LOW
	Mushroom Gravy	YELLOW	HIGH	Seasoned Egg Noodles	YELLOW	LOW	Mashed Potatoes	YELLOW	LOW	Baked Potato Skins	GREEN	LOW	Roasted Pepper Potatoes	GREEN	LOW
	Steamed Rice	YELLOW	LOW	Corn-on-the-Cob	GREEN	LOW	Steamed Cauliflower	GREEN	LOW	Steamed Mixed Vegetables	GREEN	LOW	Simmered Asparagus	GREEN	LOW
	Potato Steak Fries	RED	MOD	Stewed Tomatoes w/Croutons	RED	MOD	Simmered Asparagus	GREEN	LOW	Lyonnais Wax Beans	YELLOW	LOW	Club Spinach	RED	MOD
	Steamed Broccoli	GREEN	LOW	Shogun Deluxe Burger	RED	MOD	Chili Dog w/Cheese & Onions	RED	MOD	Shogun Deluxe Burger	RED	MOD	Chicken Fillet Sandwich	RED	MOD
	Steamed Cauliflower	GREEN	LOW	French Fried Onion Rings	RED	LOW	French Fried Potatoes	RED	MOD	French Fried Potatoes	RED	MOD	French Fried Onion Rings	RED	LOW
	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	Minestrone	YELLOW	HIGH	Turkey Vegetable Soup	GREEN	HIGH	Egg Drop Soup	GREEN	HIGH	Cream of Mushroom Soup	RED	HIGH	Shrimp Gumbo	RED	HIGH
	Pizza Casserole	YELLOW	MOD	Roast Turkey	YELLOW	LOW	Chicken Szechwan	RED	MOD	Yankee Pot Roast	GREEN	MOD	Veal Parmesan	RED	MOD
	Baked Alaskan Stuffed Fish	YELLOW	MOD	Scalloped Ham & Noodles	RED	LOW	Beef and Broccoli	YELLOW	HIGH	Baked Fish Portions	RED	MOD	Turkey Divan	GREEN	HIGH
	Brown Gravy	YELLOW	MOD	Turkey Gravy	RED	LOW	Mushroom Gravy	YELLOW	HIGH	Au Jus	GREEN	LOW	Vegetable Gravy	RED	HIGH
	Tossed Green Rice	YELLOW	LOW	Steamed Rice	YELLOW	LOW	Steamed Rice	YELLOW	LOW	Garlic Roasted Potato Wedges	GREEN	LOW	Steamed Rice	YELLOW	LOW
	Parsley Buttered Potatoes	YELLOW	LOW	Oven Browned Potatoes	RED	LOW	Paprika Buttered Potatoes	YELLOW	LOW	Steamed Rice	YELLOW	LOW	Garlic Cheese Potatoes	YELLOW	LOW
	Steamed Peas	GREEN	LOW	Club Spinach	RED	MOD	Steamed Green Beans	GREEN	LOW	Steamed Peas	GREEN	LOW	Green Beans Creole	GREEN	MOD
	Simmered Brussels Sprouts	GREEN	LOW	Steamed Mixed Vegetables	GREEN	LOW	California Vegetable Medley	GREEN	LOW	Simmered Broccoli	GREEN	LOW	Cream Style Corn	YELLOW	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:

✓ GREEN THIS IS A HIGH-PERFORMANCE FOOD

- Least-processed, whole foods
- Nutrient-packed
- High in fiber
- Low in added sugar
- Healthy fats

▲ YELLOW THIS IS A MODERATE-PERFORMANCE FOOD

- Foods with some processing
- Some healthful nutrients
- Lower in fiber
- Added sugar or artificial sweetener
- Poor-quality fats

● RED THIS IS A LOW-PERFORMANCE FOOD

- 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



12/31 (SAT)

1/1 (SUN)

	Menu Item	G4G Code	Sodium	Menu Item	G4G Code	Sodium
B R E A K F A S T	Hot Farina	GREEN	LOW	Hominy Grits	YELLOW	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
	Grilled Sausage Links	RED	MOD	Corned Beef Hash	RED	MOD
	Breakfast Rice	YELLOW	MOD	Tater Tots	RED	LOW
	French Toast	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	LOW
	Omelet Bar	YELLOW	LOW	Omelet Bar	YELLOW	LOW
	French Onion Soup	RED	HIGH	Cream of Broccoli Soup	RED	HIGH
	Spaghetti with Meat Sauce	GREEN	HIGH	Grilled Ribeye Steak	YELLOW	LOW
	Hot Italian Sausage Sandwich	YELLOW	HIGH	Fishwich	RED	MOD
	French Bread Pizza	GREEN	MOD	Brown Gravy	YELLOW	MOD
	Potato Steak Fries	RED	MOD	Steamed Rice	YELLOW	LOW
	Steamed Mixed Vegetables	GREEN	LOW	Potato Steak Fries	RED	MOD
	Wax Beans	GREEN	LOW	Steamed Green Beans	GREEN	LOW
	Sasebo Salad Bar	GREEN	LOW	Corn-on-the-Cob	GREEN	LOW
	Sasebo Fruit Bar	GREEN	LOW	Sasebo Salad Bar	GREEN	LOW
	Sasebo Bread Bar	GREEN	LOW	Sasebo Fruit Bar	GREEN	LOW
Dessert Bar	RED	-	Sasebo Bread Bar	GREEN	LOW	
Dessert Bar	RED	-	Dessert Bar	RED	-	
D I N N E R	Chicken with Rice Soup	YELLOW	HIGH	New England Fish Chowder	RED	LOW
	Chicken Stir Fry	GREEN	MOD	Lemon Baked Salmon	GREEN	LOW
	Roast Beef	GREEN	LOW	Steak Ranchero	YELLOW	MOD
	Brown Gravy	YELLOW	MOD	Brown Gravy	YELLOW	MOD
	Rice Pilaf	YELLOW	MOD	Steamed Rice	YELLOW	LOW
	Seasoned Egg Noodles	YELLOW	LOW	Baked Potato Skins	GREEN	LOW
	Simmered Corn	GREEN	LOW	Simmered Asparagus	GREEN	LOW
	Steamed Broccoli	GREEN	LOW	Simmered 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	-