

## Salad Ideas

M-321-00	Asian Style Cole Slaw
M-326-00	Greek Quinoa Salad
M-328-00	Japanese Cucumber Salad
M-327-00	Mexican Bean Salad
M-325-00	Quinoa Salad with Tomatoes and Avocado
M-002-01	Spinach Apple Salad
M-334-01	Spicy Soba Salad
M-031-00	Red Bean Salad
M-335-00	Chopped Thai Salad

Lots of green and yellow AFRS salad recipes available for inclusion on the salad bar

### Hot Bread Choices L and D

D-007-00	Garlic Bread
D-033-01	Brown & Serve Rolls
D-035-00	Onion Rolls
D-306-01	Wheat Focaccia Bread
D-007-00	Garlic Bread
D-014-01	Corn Muffins
D-001-50	Wheat Baking Powder Biscuits
D-033-01	Brown & Serve Rolls
D-001-53	Sweet Potato Biscuits
D-029-00	Plain Muffins
D-306-01	Wheat Focaccia Bread
D-015-03	Jalapeno Corn Muffins
D-033-01	Brown & Serve Rolls
D-313-00	Brown Bread
D-033-01	Brown & Serve Rolls
D-035-00	Onion Rolls
	Pita Bread
D-313-00	Brown Bread
D-014-50	Corn Bread ( Whole Grain)

PERFORMANCE FUELING STATION

Performance Fueling Station will be available at Breakfast.

\*Items available at Breakfast will be available at Lunch and Dinner, but may be combined with Salad Bar Items.

Yogurt - Greek - Vanilla or Plain\*

Assorted Flavored Yogurt (meeting parameters)8

Granola (must meet sugar threshold)

Low Fat Cottage cheese\*

Trail Mix

Almonds

Sunflower seeds or Pumpkin Seeds\*

Fruit - berries

Nut Butter Peanut, Almond, Sunflower Seed Butter, Soy Nut Butter\*

Shredded Cheese\*

Avocado

Salsa

Legume\*

Granola/ Cereal/Protein Bars\* \*As specified in Memo dated 18 NOV 2021

Dried Fruit - cherries, raisins, apricots etc...\*

Hummus

Embed Memo for Snack Bars

In addition to the Taco, Baked Potato and Pasta Bars included in the SFI Menu Standards, the following Specialty Bars are also preapproved for use. Information on these bars and the items to be included are on the G4G Website

[Go for Green® Guidelines: Mediterranean Bar | HPRC \(hprc-online.org\)](#)

[Go for Green® Guidelines: Burger Bar | HPRC \(hprc-online.org\)](#)

[Go for Green® Guidelines: Lunch & Dinner Bowl Bar | HPRC \(hprc-online.org\)](#)

## Breakfast Sandwichs and Wraps

**Two of the four breakfast sandwich/wraps/burritos weekly should code green, two can code yellow**

**MERMITE MEALS TBD**

Legend: <600 = Less than 600 mg of Sodium per 8 oz. serving *VE = Vegetarian *VG = Vegan				
	P-021-00	Zesty Bean Soup <600 *VG	P-028-00	Curried Vegetable Soup <600 *VE
	P-027-00	Lentil Vegetable Soup <600 *VG	P-305-00	Herbed Tomato and Red Lentil Soup <600 *VG
See AFRS Index for additional options. Commercially prepared soups are also an option if they do not exceed the sodium threshold	P-310-00	Butternut Squash Soup (Fresh) <600 *VE	P-307-00	Potato Kale and White Bean Soup <600 *VG
	L-500-00	Russian Turkey Stew <600	P-803-00	Egg Drop Soup <600
	P-313-01	Baked Potato Soup (Fresh) <600 *VE		
	P-013-01	New England Clam Chowder <600		
	P-013-50	Hatteras Clam Chowder <600		
	P-011-00	Light Corn Chowder <600 *VE		

**Warrior Athlete Plates will be added soon!**