



## Cornbread

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Cornbread

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Hot Rolls

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Hot Rolls

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## O'Brien Potatoes

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## O'Brien Potatoes

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Vegetarian Nuggets

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Vegetarian Nuggets

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Rice Pilaf

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Rice Pilaf

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Cauliflower Au Gratin

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Cauliflower Au Gratin

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Parsley Potatoes

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Parsley Potatoes

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Steamed White Pasta

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Steamed White Pasta

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Steamed Rice

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Steamed Rice

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Bean Burrito

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Bean Burrito

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Spanish Rice

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Spanish Rice

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Spanish Style Beans

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Spanish Style Beans

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Jalapeno Cornbread

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Jalapeno Cornbread

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Roast Beef

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Roast Beef

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Corn O'Brien

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Corn O'Brien

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## BBQ Beef Cubes

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## BBQ Beef Cubes

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Grilled Hamburger

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Grilled Hamburger

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Baked French Fries

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Baked French Fries

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Sautéed Onions & Mushrooms

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Sautéed Onions & Mushrooms

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Meatball Stroganoff

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Meatball Stroganoff

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Cornbread Dressing

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Cornbread Dressing

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Calico Cabbage

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Calico Cabbage

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Fried Cabbage

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Fried Cabbage

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Red Cabbage w/ Sweet & Sour Sauce

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Red Cabbage w/ Sweet & Sour Sauce

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Lyonnais Carrots

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Lyonnais Carrots

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Baked Manicotti

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Baked Manicotti

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Mashed Sweet Potatoes

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Mashed Sweet Potatoes

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Baked Beans

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Baked Beans

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Baked Sweet Potato Fries

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Baked Sweet Potato Fries

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Beef Pot Pie w/ Biscuit

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Beef Pot Pie w/ Biscuit

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Beef Enchiladas

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Beef Enchiladas

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Swedish Meatballs

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Swedish Meatballs

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Cheese Enchiladas

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Cheese Enchiladas

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Italian Baked Beans

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Italian Baked Beans

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Vegetarian Burrito

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Vegetarian Burrito

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Club Spinach

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Club Spinach

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Candied Sweet Potatoes

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Candied Sweet Potatoes

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Southwestern Rice

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Southwestern Rice

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Brussel Sprouts Parmesan

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Brussel Sprouts Parmesan

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Franconia Potatoes

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Franconia Potatoes

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently





## Syrup

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Syrup

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Jam/Jelly

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Jam/Jelly

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## 2% Milk

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## 2% Milk

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Sports Drink

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Sports Drink

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Canned Fruit

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Canned Fruit

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Raisins

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Raisins

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## White Bread

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## White Bread

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## 2% Chocolate Milk

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## 2% Chocolate Milk

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Low Fat Salad Dressings

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Low Fat Salad Dressings

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Low Fat Frozen Yogurt

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Low Fat Frozen Yogurt

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## German Potato Griddle Cakes

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## German Potato Griddle Cakes

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Scalloped Potatoes

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Scalloped Potatoes

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Mashed Potatoes

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Mashed Potatoes

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Oven Brown Potatoes

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Oven Brown Potatoes

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Vegetable Egg Rolls

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Vegetable Egg Rolls

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Carrots Amandine

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Carrots Amandine

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Carrot & Celery Amandine

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Carrot & Celery Amandine

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Red Beans & Rice w/ pork

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Red Beans & Rice w/ pork

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Low Fat Frozen Yogurt

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Low Fat Frozen Yogurt

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Low Fat Ice Cream

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Low Fat Ice Cream

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Bread Pudding

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Bread Pudding

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Low Fat Muffin

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Low Fat Muffin

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Chili Macaroni

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chili Macaroni

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Assorted Fresh Fruit

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Assorted Fresh Fruit

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Assorted Low Fat Yogurt

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Assorted Low Fat Yogurt

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Braised Beef & Noodles

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Braised Beef & Noodles

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Tuna & Noodles

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Tuna & Noodles

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Long Grain & Wild Rice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Long Grain & Wild Rice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Waxed Beans

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Waxed Beans

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Brussel Sprouts

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Brussel Sprouts

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Oven Baked Chicken Breast

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Oven Baked Chicken Breast

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Cheese Manicotti

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Cheese Manicotti

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Parmesan Fish

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Parmesan Fish

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Kansas Rice Medley

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Kansas Rice Medley

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Steamed Brown Rice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Steamed Brown Rice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Braised Beef

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Braised Beef

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Green Beans

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Green Beans

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently





## Caribbean Flounder

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Caribbean Flounder

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Brown Rice w/ Tomatoes

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Brown Rice w/ Tomatoes

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Seasoned Carrots

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Seasoned Carrots

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Seasoned Broccoli

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Seasoned Broccoli

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Oriental Pepper Steak

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Oriental Pepper Steak

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Roast Pork Tenderloin

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Roast Pork Tenderloin

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Turkey Patty

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Turkey Patty

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Spinach

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Spinach

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Hot & Spicy Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Hot & Spicy Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Whole Wheat Cheese Pizza

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Whole Wheat Cheese Pizza

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Ratatouille

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Ratatouille

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Jerk Roast Turkey

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Jerk Roast Turkey

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Hamburger Yakisoba

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Hamburger Yakisoba

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Sweet Potatoes

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Sweet Potatoes

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Mustard Greens

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Mustard Greens

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Whole Kernel Corn

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Whole Kernel Corn

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Santa Fe Glazed Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Santa Fe Glazed Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Turkey Meatloaf

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Turkey Meatloaf

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Cajun Baked Fish

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Cajun Baked Fish

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Pineapple Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Pineapple Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Salmon

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Salmon

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Garlic Roasted Potato Wedges

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Garlic Roasted Potato Wedges

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Pinto Beans

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Pinto Beans

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Mexican Baked Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Mexican Baked Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Beef Fajitas

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Beef Fajitas

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Ham

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Ham

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Spaghetti w/ Meat Sauce

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Spaghetti w/ Meat Sauce

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Spaghetti w/ Tomato Sauce

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Spaghetti w/ Tomato Sauce

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Peas & Carrots

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Peas & Carrots

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Savory Baked Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Savory Baked Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Eggplant Parmesean

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Eggplant Parmesean

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Okra Tomato Gumbo

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Okra Tomato Gumbo

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## California Blend

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## California Blend

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Lemon Pepper Baked Fish

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Lemon Pepper Baked Fish

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Orzo w/ Lemon & Herbs

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Orzo w/ Lemon & Herbs

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Honey Dijon Vegetables

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Honey Dijon Vegetables

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Gyro Sandwich

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Gyro Sandwich

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Southwestern Sweet Potatoes w/ Black Beans & Corn

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Southwestern Sweet Potatoes w/ Black Beans & Corn

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Lasagna

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Lasagna

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Caviar Medley Rice Blend

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Caviar Medley Rice Blend

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently





## Beef Teriyaki

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Beef Teriyaki

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Vegetable Stir Fry

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Vegetable Stir Fry

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Lima Beans

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Lima Beans

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Potatoes

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Potatoes

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Seasoned Mixed Vegetables

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Seasoned Mixed Vegetables

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Grilled Chicken Sandwich

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Grilled Chicken Sandwich

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Vegetarian Hearty Burger

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Vegetarian Hearty Burger

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Steamed Broccoli

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Steamed Broccoli

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Spinach Lasagna

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Spinach Lasagna

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Stuffed Pollock

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Stuffed Pollock

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Cranberry Glazed Chicken

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Cranberry Glazed Chicken

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Italian Rice & Beef

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Italian Rice & Beef

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Stewed Tomatoes

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Stewed Tomatoes

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Collard Greens

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Collard Greens

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Roast Turkey

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Roast Turkey

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Shrimp Jambalaya

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Shrimp Jambalaya

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Italian Roasted Potato Wedges

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Italian Roasted Potato Wedges

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Wild Rice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Wild Rice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Steamed Peas

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Steamed Peas

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Herbed Broccoli

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Herbed Broccoli

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Pepper Steak

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Pepper Steak

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Honey Ginger Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Honey Ginger Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## California Normandy Combo

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## California Normandy Combo

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Beef Stir Fry

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Beef Stir Fry

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Pasta Primavera

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Pasta Primavera

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Broccoli Combo

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Broccoli Combo

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Catfish Fillet

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Catfish Fillet

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chicken Tetrazzini

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chicken Tetrazzini

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Japanese Vegetable Stir Fry

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Japanese Vegetable Stir Fry

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## French Style Green Beans

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## French Style Green Beans

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Tangy Spinach

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Tangy Spinach

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Turkey & Noodles

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Turkey & Noodles

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Vegetable Curry w/ Rice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Vegetable Curry w/ Rice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Redskin Potatoes

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Redskin Potatoes

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Fish Amandine

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Fish Amandine

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Orzo w/ Spinach, Tomato & Onion

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Orzo w/ Spinach, Tomato & Onion

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Green Bean Combo

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Green Bean Combo

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Vegetable Stuffed Peppers

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Vegetable Stuffed Peppers

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Peas with Celery

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Peas with Celery

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Bombay Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Bombay Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently





## Red Beans & Rice (No Pork)

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Red Beans & Rice (No Pork)

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Honey Dijon Vegetables

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Honey Dijon Vegetables

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Greek Lemon Turkey Pasta

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Greek Lemon Turkey Pasta

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Cajun Baked Catfish Fillet

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Cajun Baked Catfish Fillet

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Collard Greens

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Collard Greens

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Hopping John (No pork)

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Hopping John (No pork)

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Steamed Cauliflower

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Steamed Cauliflower

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Herbed Baked Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Herbed Baked Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Seasoned Asparagus

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Seasoned Asparagus

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Orange Chicken Stir Fry

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Orange Chicken Stir Fry

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Hamburger Yakisoba

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Hamburger Yakisoba

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Vegan Pierogy

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Vegan Pierogy

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Green Beans w/ Mushrooms

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Green Beans w/ Mushrooms

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Sautéed Shrimp

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Sautéed Shrimp

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Steak Ranchero

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Steak Ranchero

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## BBQ Pork Sandwich

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## BBQ Pork Sandwich

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Cod

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Cod

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Asian BBQ Turkey

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Asian BBQ Turkey

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Italian Broccoli Pasta

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Italian Broccoli Pasta

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Caviar Medley Rice Blend

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Caviar Medley Rice Blend

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Ginger Teriyaki Salmon

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Ginger Teriyaki Salmon

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Herbed Potatoes

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Herbed Potatoes

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Green Bean Combo

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Green Bean Combo

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## BBQ Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## BBQ Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Hacienda Corn & Black Beans

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Hacienda Corn & Black Beans

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Spaghetti

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Spaghetti

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Creole Macaroni

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Creole Macaroni

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chipper Perch

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chipper Perch

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Steamed Brown Rice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Steamed Brown Rice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chicken Pot Pie

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chicken Pot Pie

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Cheese Tortellini w/ Marinara

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Cheese Tortellini w/ Marinara

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Blackened Fish

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Blackened Fish

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chicken Fajitas

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chicken Fajitas

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Squash & Carrot Medley

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Squash & Carrot Medley

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Pinto Beans

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Pinto Beans

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Corn on the Cob

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Corn on the Cob

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Turkey Enchiladas

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Turkey Enchiladas

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently





## Cajun Grilled Chicken Sandwich

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Cajun Grilled Chicken Sandwich

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Vegetable Pizza

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Vegetable Pizza

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chinese Five Spice Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chinese Five Spice Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Spinach Tortellini w/ Marinara

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Spinach Tortellini w/ Marinara

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Spicy Brown Rice Pilaf

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Spicy Brown Rice Pilaf

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Peas & Carrots

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Peas & Carrots

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Herbed Green Beans

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Herbed Green Beans

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chicken Tetrazzini

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chicken Tetrazzini

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Beef Stew

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Beef Stew

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Assorted Pudding

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Assorted Pudding

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Carrot Strips

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Carrot Strips

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Chicken & Rice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Baked Chicken & Rice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chipotle Chicken Panini Sandwich

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chipotle Chicken Panini Sandwich

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chicken Cacciatore

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chicken Cacciatore

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chicken & Italian Vegetable Pasta

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chicken & Italian Vegetable Pasta

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Savory Squash

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Savory Squash

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Creole Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Creole Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Beef Stroganoff

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Beef Stroganoff

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## French Bread Pizza

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## French Bread Pizza

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Turkey Pot Pie

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Turkey Pot Pie

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Mediterranean Brown Rice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Mediterranean Brown Rice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Sesame Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Sesame Chicken

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chopstick Tuna

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Chopstick Tuna

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Succotash

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Succotash

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Southwest Shrimp Linguine

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Southwest Shrimp Linguine

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Rice Pudding

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Rice Pudding

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## 100% Fruit Juice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## 100% Fruit Juice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Skim Milk

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Skim Milk

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## 1% Milk

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## 1% Milk

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Peanut Butter

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense



## Peanut Butter

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense



# Baked Cinnamon Apple Slices

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Baked Cinnamon Apple Slices

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Fruit Parfait

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Fruit Parfait

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Fruit Gelatin

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Fruit Gelatin

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Angel Food Cake

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Angel Food Cake

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Pineapple Carrot Muffin

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Pineapple Carrot Muffin

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



# Tropical Baked Pork Chop

## Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



# Tropical Baked Pork Chop

## Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



# Salisbury Steak

## Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



# Salisbury Steak

## Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



# Grilled Cheeseburgers

## Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



# Grilled Cheeseburgers

## Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



# Beef Tacos

## Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



# Beef Tacos

## Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



# Honey Glazed Rock Cornish Hen

## Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



# Honey Glazed Rock Cornish Hen

## Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake





## Oven Fried Chicken

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Oven Fried Chicken

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## BBQ Spareribs

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## BBQ Spareribs

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Braised Pork Chops

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Braised Pork Chops

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Broccoli & Cheese Rice

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Broccoli & Cheese Rice

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## BBQ Pork Chops

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## BBQ Pork Chops

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Meatloaf

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Meatloaf

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Grilled Steak

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Grilled Steak

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Grilled Cheese

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Grilled Cheese

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Pork Chop w/ Pineapple

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Pork Chop w/ Pineapple

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Rice Frittata

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Rice Frittata

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Herbed Cornish Hen

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Herbed Cornish Hen

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Honey Chicken Wings

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Honey Chicken Wings

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Macaroni & Cheese

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Macaroni & Cheese

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Whole Wheat Pepperoni

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Whole Wheat Pepperoni

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Potatoes Au Gratin

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Potatoes Au Gratin

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Jaeger schnitzel

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Jaeger schnitzel

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Chicken Cordon Bleu

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Chicken Cordon Bleu

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Noodles Jefferson

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Noodles Jefferson

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Buffalo Chicken

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Buffalo Chicken

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Swiss Steak

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Swiss Steak

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Grilled Pork Chop

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Grilled Pork Chop

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Yankee Pot Roast

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Yankee Pot Roast

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Garlic Bread Sticks

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Garlic Bread Sticks

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Garlic Rolls

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Garlic Rolls

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Garlic Bread

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Garlic Bread

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Turkey Gravy

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Turkey Gravy

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Mushroom Gravy

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Mushroom Gravy

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Chicken Gravy

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Chicken Gravy

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Brown Gravy

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Brown Gravy

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake