

# 5-Day Sample Menu: Breakfast



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTRÉE/MEAT</b>	Creamed Ground Turkey (G)	Bacon (R)	Canadian Bacon (Y)	Creamed Ground Beef (Y)	Bacon (R)
<b>ENTRÉE/EGG</b>	Scrambled Eggs/ Hard Cooked Eggs (Y)				
<b>ENTRÉE/ GRIDDLE CAKE</b>	Blueberry Pancakes (Y)	Whole Grain French Toast (G)	Waffles (Y)	Whole Grain Pancakes (G)	French Toast (Y)
<b>ENTRÉE/MIXED</b>	Salisbury Steak (Y)	Southwestern Quinoa Casserole (G)	Baked Chicken Breast (G)	Texas Hash (G)	Baked or Grilled Fish (G)
<b>STARCHY SIDE/ POTATO</b>	Home Fried Potatoes (G)	Cottage Fried Potatoes (G)	Hashed Brown Potatoes (Y)	Oven Browned Potatoes (G)	Roasted Sweet Potato Wedges (G)
<b>STARCHY SIDE/ BREAD/RICE</b>	Brown Rice (G)	Wheat Baking Powder Biscuits (Y)	Quinoa and Brown Rice Sauté (G)	Whole Grain Drop Biscuits (Y)	White Rice (Y)
<b>STARCHY SIDE/ LEGUME</b>	Boston Baked Beans (G)	Red Beans with White Rice (G)	Smashed Black Beans (G)	Refried Beans (G)	Simmered Pinto Beans (G)
<b>NON-STARCHY SIDE</b>	Roasted Broccoli (G)	Steamed Green Beans (G)	Sautéed Garlic Spinach (G)	Roasted Brussels Sprouts (G)	Steamed Snap Peas (G)
<b>NON-STARCHY SIDE</b>	Steamed Carrots (G)	Sautéed Mushrooms (G)	Broccoli Parmesan (Y)	Tangy Spinach (G)	Ginger Glazed Carrots (Y)

<b>SPECIALTY BARS</b>	
<b>SOUP*</b>	Turkey Lentil Chili (G) / Chili Con Carne with Beans (G) / Tomato Soup (G) / Potato, Kale, and White Bean Soup (G) / Herbed Tomato and Red Lentil Soup (G) / Black Bean Soup (G) / Asian Stir Fry Soup (Y)
<b>GRIDDLE CAKES LINE (if separate)</b>	Banana Oat Pancakes (G) / Whole Grain French Toast (G) / Whole Grain Waffles (G) Pancakes (Y) / French Toast (Y) / Waffles (Y) Grilled chicken breast, sliced (G) or Oven Fried Chicken (R) Sautéed Garlic Spinach (G) / Caramelized Onions (G) / Sliced bananas (G) / Fresh/frozen berries (G) Chopped walnuts (G) / Chocolate syrup (Y) Plain yogurt (G) / Vanilla yogurt (Y) / Reduced-fat cream cheese (Y) Canned fruit topping (R) / Syrup (Y)
<b>EGGS TO ORDER</b>	Liquid egg whites (G) / Liquid whole eggs (Y) / Shelled eggs (Y) Spinach (G) / Chopped broccoli (G) / Corn (G) / Sliced or diced onion (G) / Diced tomato (G) / Sliced or diced bell peppers (G) / Sliced or minced jalapeño peppers (G) / Pico de gallo (G) Shredded cheddar cheese (Y) / Crumbled feta cheese (Y) Baked or grilled chicken, diced (G) / Sliced or diced pork sausage (R)

\*An alternative to diners serving themselves soup is to downsize the portion and pair it with eggs or biscuits. Or use it as a topping for grits or oatmeal. These items are often served at a soup station separate from the Main line, though they can be part of the Main-line menu as well.

### MAIN/HOTLINE LAYOUT (WITHOUT GRIDDLE CAKES)

Baked Chicken Breast (G)	Quinoa and Brown Rice Sauté (G)	Sautéed Garlic Spinach (G)	Smashed Black Beans (G)	Canadian Bacon (Y)	Broccoli Parmesan (Y)	Scrambled Eggs/Hard Cooked Eggs (Y)	Hashed Brown Potatoes (Y)
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### MAIN/HOTLINE EXAMPLE (WITH GRIDDLE CAKES)

Baked or Grilled Fish (G)	Roasted Sweet Potato Wedges (G)	Steamed Snap Peas (G)	White Rice (Y)	Simmered Pinto Beans (G)	French Toast (Y)	Scrambled Eggs or Hard Cooked Eggs (Y)	Ginger Glazed Carrots (Y)	Bacon (R)
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### GRIDDLE CAKE LINE LAYOUT (IF SEPARATE FROM MAIN LINE/HOTLINE)

Banana Oat Pancakes (G)	Pancakes, French Toast, or Waffles (Y)	Grilled chicken breast, sliced (G)	Sautéed Garlic Spinach (G)	Caramelized Onions (G)	Sliced bananas (G)	Plain yogurt (G)	Canned fruit topping (R)	Syrup (Y)/ Chocolate syrup (Y)
Whole Grain French Toast or Waffles (G)		Oven Fried Chicken (R)			Fresh/frozen berries (G)	Vanilla yogurt (Y)		
					Chopped walnuts (G)	Reduced-fat cream cheese (Y)		

→ → Diner flow of traffic → →



## Sample 5-day Menu: Breakfast

### AFRS Recipes with G4G Color and Sodium Codes

AFRS Recipe	AFRS Recipe Number	G4G Color Code	G4G Sodium Code
Asian Stir Fry Soup	P-500-00	Yellow	High
Bacon (Oven-Fried)	L-002-00	Red	Moderate
Baked Chicken Breast	L-143-03	Green	Low
Baked Fish (Cod, Pollock, Tilapia, Flounder) (Note: can be grilled)	L-119 series (most variations)	Green/Yellow	Moderate/High
Banana	—	Green	—
Baking Powder Biscuits (Whole Wheat)	D-001-00	Yellow	Moderate
Banana Oat Pancakes	D-025-12	Green	Moderate
Bell pepper	—	Green	Low
Berries (fresh or frozen)	—	Green	—
Black Bean Soup	P-030-00	Green	High
Blueberry Pancakes	D-025-02	Yellow	Moderate
Boston Baked Beans	Q-003-00	Green	High
Broccoli	—	Green	Low
Broccoli Parmesan	Q-024-00	Yellow	Moderate
Brown Rice	E-005-00	Green	Low
Canadian Bacon (Oven-Fried)	L-002-01	Yellow	Moderate
Canned fruit topping	—	Red	—
Caramelized Onions	Q-036-00	Green	Low
Cheddar cheese	—	Yellow	Moderate
Chili Con Carne with Beans (90/10 Beef)	L-028-00	Green	Moderate
Chocolate syrup	—	Yellow	Low
Corn	—	Green	Low
Cottage Fried Potatoes	Q-046-01	Green	Low
Creamed Ground Beef (90/10)	L-030-00	Yellow	Moderate
Creamed Ground Turkey (93/7)	L-030-01	Green	Moderate
Drop Biscuits (Whole Grain)	D-001-05	Yellow	Moderate
Egg, whites (liquid)	—	Green	—
Egg, whole (liquid)	—	Yellow	—
Feta cheese	—	Yellow	Moderate
French Toast	D-022-01	Yellow	Moderate
French Toast (Whole Grain)	D-022-00	Green	Moderate
Ginger Glazed Carrots	Q-017-01	Yellow	Moderate
Hard Cooked Eggs	F-004-00	Yellow	Low
Hashed Brown Potatoes	Q-046-02	Yellow	Moderate
Herbed Tomato and Red Lentil Soup	P-300-00	Green	Low
Home Fried Potatoes	Q-047-00	Green	Low

**Sample 5-day Menu: Breakfast**  
**AFRS Recipes with G4G Color and Sodium Codes**

<b>AFRS Recipe</b>	<b>AFRS Recipe Number</b>	<b>G4G Color Code</b>	<b>G4G Sodium Code</b>
Jalapeño peppers	—	Green	Low
Onion	—	Green	Low
Oven Browned Potatoes	Q-050-00	Green	Low
Pancakes	D-025-05	Yellow	Moderate
Pancakes (Whole Wheat)	D-025-09	Green	Moderate
Potato, Kale, and White Bean Soup	P-302-00	Green	Moderate
Quinoa and Brown Rice Sauté	E-027-00	Green	Moderate
Red Beans with White Rice	E-010-01	Green	Moderate
Reduced-fat cream cheese	—	Yellow	Low
Refried Beans	Q-038-01	Green	Moderate
Roasted Broccoli (Fresh)	Q-315-00	Green	Moderate
Roasted Brussels Sprouts (Fresh)	Q-106-00	Green	Moderate
Roasted Sweet Potato Wedges	Q-305-00	Green	Moderate
Salisbury Steak (90/10)	L-037-00	Yellow	Moderate
Pork sausage	—	Red	High
Sautéed Mushrooms	Q-030-00	Green	Low
Sautéed Garlic Spinach	Q-306-00	Green	High
Scrambled Eggs	F-010-05	Yellow	Low
Shelled eggs	—	Yellow	Low
Simmered Pinto Beans	Q-005-02	Green	Low
Smashed Black Beans	Q-303-00	Green	High
Southwestern Quinoa Casserole	E-301-00	Green	Moderate
Spinach	—	Green	Low
Steamed Carrots (fresh)	Q-108-05	Green	Low
Steamed Green Beans (fresh)	Q-309-00	Green	Low
Steamed Snap Peas (frozen)	Q-308-01	Green	Low
Syrup	—	Yellow	Low
Tangy Spinach	Q-063-00	Green	Moderate
Texas Hash (90/10 Beef, Brown Rice)	L-061-00	Green	Low
Tomato	—	Green	Low
Tomato Soup	P-006-00	Green	Low
Turkey Lentil Chili	P-031-00	Green	High
Waffles	D-025-08	Yellow	Moderate
Waffles (Whole Grain/Whole Wheat)	—	Green	Moderate
Walnuts	—	Green	Low
White Rice	E-005 series	Yellow	Low
Yogurt (plain)	—	Green	Low
Yogurt (vanilla)	—	Yellow	Low