

HEALTHY NAVY MENU

WEEK 1													
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
BREAKFAST													
	Orange Juice		Orange Juice		Orange Juice		Orange Juice		Orange Juice		Orange Juice		Orange Juice
	Grapefruit Juice		Apple Juice		Cranberry Juice		Pineapple Juice		Grapefruit Juice		Apple Juice		Cran-Orange Juice
	RTE Cereal		RTE Cereal		RTE Cereal		RTE Cereal		RTE Cereal		RTE Cereal		RTE Cereal
E00100	Rolled Oats	E00102	Farina	E00101	Hominy Grits	E00100	Rolled Oats w/Fruit Compote	E00102	Farina	E00101	Hominy Grits	E00100	Rolled Oats
	Fat Free Yogurt		Fat Free Yogurt		Fat Free Yogurt		Fat Free Yogurt		Fat Free Yogurt		Fat Free Yogurt		Fat Free Yogurt
	Eggs To Order		Eggs To Order		Eggs To Order		Eggs To Order		Eggs To Order		Eggs To Order		Eggs To Order
F01300	Veggie Egg Pocket		Assorted Omeletss	F01200	Breakfast Burrito		Assorted Omelets		Assorted Omelets	F01201	Breakfast Pita		Assorted Omelets
L00201	Oven Fried Canadian Bacon	L51200	Baked Turkey Sausage Patty	L00100	Oven Fried Bacon	L05200	Creamed Chipped Beef	L18000	Turkey Sausage Pattie	L00100	Oven Fried Bacon	L09100	Grilled Sausage Links
L00101	Grilled Bacon	L00101	Grilled Bacon	L07103	Grilled Ham Slice	L00101	Grilled Bacon	L00101	Grilled Bacon	L07103	Grilled Ham Slice	L51500	Oven Fried Turkey Bacon
Q04601	Cottage Fried Potatoes	Q04600	Hash Brown Potatoes	Q04700	Home Fried Potatoes	Q04601	Cottage Fried Potatoes	Q04700	Home Fried Potatoes	Q04600	Hash Brown Potatoes	Q04700	Home Fried Potatoes
D02200	French Toast	D02506	Waffles	D02502	Blueberry Pancakes	D02200	French Toast	D02506	Waffles	D50100	Apple Pancakes	D02200	French Toast
D01200	Snickerdoodle Crumb Cake	D50600	Peach Filling	D02801	Raisin Bran Muffins	D03901	Bear Claws	D02805	Cranberry Bran Muffins	D03902	Fruit Turnover	D50800	Applesauce Blueberry Muffins
M50500	Fruit Bar	D50300	Date Nut Bread	M50500	Fruit Bar	M50500	Fruit Bar	M50500	Fruit Bar	M50500	Fruit Bar	M50500	Fruit Bar
D02100	English Muffin	M50500	Fruit Bar	D02100	English Muffin	D01300	Bagel w/Cream Cheese	D02100	English Muffin	D01300	Bagel w/Cream Cheese	D02100	English Muffin
D05500	Whole Wheat Bread	D01300	Bagel w/Cream Cheese	D05500	Whole Wheat Bread	D05500	Whole Wheat Bread	D05500	Whole Wheat Bread	D05500	Whole Wheat Bread	D05500	Whole Wheat Bread
	Asst. Breads	D05500	Whole Wheat Bread		Asst. Breads		Asst. Breads		Asst. Breads		Asst. Breads		Asst. Breads
	Margarine		Asst. Breads		Margarine		Margarine		Margarine		Margarine		Margarine
	Jelly/Peanutbutter		Margarine		Jelly/Peanutbutter		Jelly/Peanutbutter		Jelly/Peanutbutter		Jelly/Peanutbutter		Jelly/Peanutbutter
	Maple Syrup		Jelly/Peanutbutter		Maple Syrup		Maple Syrup		Maple Syrup		Maple Syrup		Maple Syrup
	1% & Skim Milk		Maple Syrup		1% & Skim Milk		1% & Skim Milk		1% & Skim Milk		1% & Skim Milk		1% & Skim Milk
	Coffee		1% & Skim Milk		Coffee		Coffee		Coffee		Coffee		Coffee
	Tea		Coffee		Tea		Tea		Tea		Tea		Tea
			Tea										

Low fat/low cholesterol eggs are available upon request

Food Item: Healthy Navy Option (entrée ≤ 15 gm fat, side dishes ≤ 5 gm fat)

Prepared by _____

Submitted by _____

Reviewed by _____

Approved by _____

HEALTHY NAVY MENU

WEEK 1																				
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
LUNCH															BRUNCH					
P00300	Creole Soup	P02202	Logging Soup	P50000	Asian Stir Fry Soup	P00401	French Onion Soup	P01100	Corn Chowder	P02201	Doubly Good Chicken Soup	P02000	All Breakfast Items Plus:							
	Crackers		Crackers		Crackers		Crackers		Crackers		Crackers		Chicken Vegetable Soup							
N04600	Garden Vegetable Wrap	N03202	Fishwich w/Tartar Sauce	L15300	Chinese 5 Spice Chicken	L02802	Chili Macaroni	L08100	Roast Pork	L03100	Beef Ravioli		Crackers							
L16200	Roast Turkey	L19300	Cajun Roast Beef	L08000	Pork Chop Suey	L20300	Vegetable Curry w/Brown Rice	L19800	Greek Lemon Turkey Pasta		Deli Sandwich w/Fixings	L07202	Ham, Noodle and Tomato Casserole							
O01602	w/Gravy	O01800	w/Au Jus	E00500	Fluffy Steamed Rice	Q04501	French Fries	L51000	Tuna Trio Plate	Q04401	Quick Baked Potato Halves	Q00101	Broccoli Combo							
O02100	Savory Bread Dressing	E00401	Seasoned Buttered Noodles	E00703	Shrimp Fried Rice	E00505	Seasoned Brown Rice	Q05700	Mashed Potatoes w/Gravy	Q03501	Onion Rings	M50600	Salad Bar							
Q05700	Mashed Potatoes	Q04501	French Fries	Q02500	Vegetable Stir Fry		Corn on the Cob	Q00103	Cauliflower Combo		Brussels Sprouts	M03602	Jellied Spring Salad							
Q07200	Sesame Green Beans	Q05800	Stewed Tomatoes		Steamed Lima Beans		Steamed Carrots		Green Beans		Mixed Vegetables	G03003	Raspberry Cake							
	Steamed Winter Squash		Steamed Broccoli	B00200	Egg Rolls w/	M50600	Salad Bar	O01800	Natural Gravy	M50600	Salad Bar	G01002	Black Walnut Cake							
M50600	Salad Bar	M50600	Salad Bar	O00800	Sweet & Sour Sauce	M50500	Fruit Bar	M50600	Salad Bar	M50500	Fruit Bar									
M50500	Fruit Bar	M50500	Fruit Bar	O02900	or Honey Mustard Sauce	M04000	Potato Salad	M50500	Fruit Bar	M00800	Coleslaw									
	Cranberry Sauce	M01303	Cottage Cheese and Pineapple Salad	M50600	Salad Bar	D03403	Whole Wheat Rolls		Chilled Applesauce	D03403	Whole Wheat Rolls									
M07100	Salsa Pasta Salad	D03403	Whole Wheat Rolls	M50500	Fruit Bar		Asst. Bread	D03403	Whole Wheat Rolls	D00700	Garlic Bread									
D03403	Whole Wheat Rolls		Asst. Bread	M00501	Carrot P/A Salad	H01303	Snickerdoodle Cookies		Asst. Bread	J01500	Baked Rice Pudding									
	Asst. Bread	H02400	Banana Split Brownies	D03403	Whole Wheat Rolls	H00300	Butterscotch Brownies	G03500	Choco-lite Cake	J01002	Blueberry Crunch									
J01402	Coconut Cream Pudding	J00100	Apple Crisp		Asst. Bread		Margarine	G01001	Almond Flavored Cake		Margarine									
G00100	Angel Food Cake		Margarine	J00806	Blueberry Crisp		1% & Skim Milk	G01001	Margarine		1% & Skim Milk									
	Margarine		1% & Skim Milk	J50000	Bread Pudding w/Hard Sauce		Coffee		1% & Skim Milk		Coffee									
	1% & Skim Milk		Coffee		Margarine		Tea		Coffee		Tea									
	Coffee		Tea		1% & Skim Milk				Tea											
	Tea				Coffee															
					Tea															

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HEALTHY NAVY MENU

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MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY			
DINNER																											
P02800	Curried Vegetable Soup	P01702		Mexican Onion Corn Soup	P02600	Tortellini Soup	P00101	Beef Barley Soup	P01900	Pepper Pot Soup	P01400	Cream of Mushroom Soup	P02300	Split Pea Soup													
	Crackers			Crackers		Crackers		Crackers		Crackers		Crackers		Crackers													
L11902	Onion-Lemon Fish	L02300		Caribbean Chicken	L11905	Baked Fish w/Mustard Dill Sauce	L10300	Veal Parmesan	L11904	Herbed Baked Fish	L14300	Baked Chicken	L11400	Teriyaki Chicken													
L19700	Dijon Baked Pork Chops	L50100		Pasta Primavera	L01200	Country Style Steak	O00400	w/Marinara Sauce	L00300	Chicken Enchiladas	O01602	Chicken Gravy	L00501	Roast Beef													
E00503	Long Grain & Wild Rice	Q04400		Baked Potatoes	Q03300	Parslied Potatoes	L18600	Baked Yogurt Chicken	E01100	Mexican Rice	L09700	Jambalaya		w/Horseradish													
Q03301	Paprika Buttered Potatoes	Q04103		Seasoned Peas & Onions	E00401	Buttered Egg Noodles	E00400	Boiled Pasta	Q05000	Oven Brown Potatoes	E01300	Parslied Noodles	O01800	Au Jus Gravy													
	Whole Kernel Corn			Southern Style Zucchini		Mixed Vegetables	Q07000	Garlic Roast Potato	Q03801	Refried Beans	E00500	Steamed Rice	E00800	Rice Pilaf													
	Steamed Asparagus Cuts	M50600		Salad Bar		Fried Cauliflower	Q06000	Club Spinach		Steamed Broccoli		Carrot Slices	Q05700	Mashed Potatoes													
M50600	Salad Bar	M50500		Fruit Bar	M50600	Salad Bar		Steamed Wax Beans		Steamed Zucchini		Peas and Onions	Q00106	Corn Combo													
M50500	Fruit Bar	M02503		P/A, Pear, & Banana Salad	M50500	Fruit Bar	M50600	Salad Bar	M50600	Salad Bar	M50600	Salad Bar		Steamed Asparagus													
	Chilled Applesauce	D03403		Whole Wheat Rolls	M02501	Jellied Orange Salad	M50500	Fruit Bar	M50500	Fruit Bar	M50500	Fruit Bar	M50600	Salad Bar													
M04500	3 Bean Salad			Asst. Bread	D03403	Whole Wheat Rolls	M02502	Jellied Pear Salad	M05000	Waldorf Salad	M01300	Cottage Cheese and Peach Salad	M50500	Fruit Bar													
D03403	Whole Wheat Rolls	I03202		Strawberry Chiffon Pie		Asst. Bread	D03403	Whole Wheat Rolls	D03403	Whole Wheat Rolls	D03403	Whole Wheat Rolls	M00102	Cabbage Apple & Raisin Salad													
	Asst. Bread	J01003		Cherry Crunch	H00600	Crisp Toffee Bars		Asst. Bread		Asst. Bread		Asst. Bread	D03403	Whole Wheat Rolls													
I01900	Butterscotch Cream Pie			Margarine	G00300	Chocolate Macaroon Cake	G03206	Dutch Apple Cake	G01201	Devil's Food Cake	G02403	Fruit Upsidedown Cake		Asst. Bread													
G01006	Orange Cake			1% & Skim Milk		Tartar Sauce	H00202	Peanutbutter Brownies	H00400	Chewy Nut Bars	H02100	Lemon Cookies	H00800	Ginger Bread Cookies													
	Tartar Sauce			Coffee		Margarine		Margarine		Tartar Sauce		Margarine	I02900	Chocolate & Vanilla Cream Pie													
	Margarine			Tea		1% & Skim Milk		1% & Skim Milk		Margarine		1% & Skim Milk		Margarine													
	1% & Skim Milk					Coffee		Coffee		1% & Skim Milk		Coffee		1% & Skim Milk													
	Coffee					Tea		Tea		Coffee		Tea		Coffee													
	Tea									Tea				Tea													

Food Item: Healthy Navy Option (entrée ≤ 15 gm fat, side dishes ≤ 5 gm fat)

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Reviewed by _____

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HEALTHY NAVY MENU

Food Item: Healthy Navy Option (entrée \leq 15 gm fat, side dishes \leq 5 gm fat)

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Submitted by

Reviewed by

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HEALTHY NAVY MENU

WEEK 2		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
		LUNCH													BRUNCH
P00902	Beef Noodle Soup	P01100		Corn Chowder	P00803	Old Fashioned Bean Soup	P01400	Cream of Mushroom Soup	P00200	Chicken Rice Soup	P00101	Beef Barley Soup			All Breakfast Items Plus:
	Crackers			Crackers		Crackers		Crackers		Crackers		Crackers	P02000		Mulligatawny Soup
L11903	Lemon Baked Fish	L03700		Salisbury Steak	L50600	Thai Beef Salad	L19100	Chicken & Italian Vegetable Pasta	L11906	Fish Amandine	L19000	Cranberry Glazed Chicken			Crackers
L16500	Assorted Pizza	O01600		Brown Gravy	L03900	Spaghetti w/Turkey Meatballs	N00200	Gyros	N01900	Submarine Sandwich w/Condiments	L011301	Knockwurst w/Sauerkraut	L02802		Chili Mac
E01600	Islander's Rice	N04800		Jamaican Jerk Chicken Sandwich	O00400	Marinara Sauce	Q03501	Onion Rings	E00505	Seasoned Brown Rice	Q03301	Paprika Buttered Potatoes	Q02702		Mexican Corn
Q01701	Glazed Carrots	E00400		Parsley Egg Noodles	Q04400	Baked Potatoes	Q05000	Oven Brown Potatoes	Q07100	Rosemary Roasted Potato Wedges	Q00200	Baked Beans	M50600		Salad Bar
	Collard Greens	Q07500		Deviled Oven Fries		Mixed Vegetables	Q04100	Peas w/Mushrooms	Q05800	Stewed Tomatoes		Peas	M01300		Cottage Cheese & Peach Salad
M50600	Salad Bar	Q07600		South of the Border Broccoli		Steamed Asparagus		Steamed Carrots	Q06500	Herbed Broccoli		Wax Beans	G50200		Yellow Cake w/
M50500	Fruit Bar			Steamed Lima Beans	M50600	Salad Bar	M50600	Salad Bar	M50600	Salad Bar	M50600	Salad Bar	G02202		Chocolate Butter Cream Frosting
M03601	Golden Glow Salad	M50600		Salad Bar	M50500	Fruit Bar	M50500	Fruit Bar	M50500	Fruit Bar	M50500	Fruit Bar	I01300		Pumpkin Pie
D03403	Whole Wheat Rolls	M50500		Fruit Bar	M03602	Jellied Spring Salad	M07400	Marinated Black Bean Salad	M01500	Cucumber & Onion Salad	M03400	Macaroni Salad			
	Asst. Bread	M04500		3 Bean Salad	D00700	Garlic Bread	D03403	Whole Wheat Rolls	D03403	Whole Wheat Rolls	D03403	Whole Wheat Rolls			
I50000	Key Lime Pie	D03403		Whole Wheat Rolls	D03403	Whole Wheat Rolls		Asst. Bread		Asst. Bread		Asst. Bread			
G01201 G01400	Devils Food Cake W/PB Frosting			Asst. Bread		Asst. Bread	I02401	Peach Pie	H01100	Peanut Butter Cookies	G02900	Pineapple Upsidedown Cake			
		G03203		Marble Cake	H00902	Oatmeal Chocolate Chip Cookies	G03600	Lite Cheesecake	I01003	Cherry Cobbler	H02300	Crispy Marshmallow Square			
	Tartar Sauce	H00401		Congo Bars	G02800	Strawberry Cake		Margarine		Tartar Sauce		Catsup/Mustard			
	Margarine			Margarine		Margarine		1% & Skim Milk		Margarine		Margarine			
	1% & Skim Milk			1% & Skim Milk		1% & Skim Milk		Coffee		1% & Skim Milk		1% & Skim Milk			
	Coffee			Coffee		Coffee		Tea		Coffee		Coffee			
	Tea			Tea		Tea				Tea		Tea			

Food Item: Healthy Navy Option (entrée ≤ 15 gm fat, side dishes ≤ 5 gm fat)

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HEALTHY NAVY MENU

WEEK 2		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
DINNER															
P01501	Cream of Potato Soup	P02900	Turkey Vegetable Soup	P01301	New England Clam Chowder	P01801	Beef Vegetable Soup	P02500	Texas Tortilla Soup	P02600	Fortellini Soup	P02100	Zesty Bean Soup		
	Crackers		Crackers		Crackers		Crackers		Crackers		Crackers		Crackers		
N03300	Hot Roast Turkey Sandwich	L08500	Braised Pork Chops w/Gravy	L17900	Honey Ginger Chicken	L18401	Baked Turkey Pattie	L50800	Vegetable Lasagna	L12404	Fish & Chips	L04400	Turkey Curry		
O01602	Turkey Gravy	L12800	Salmon Cakes	L50200	Rolled Fish in Red Pepper Glaze	O02700	w/Dill Sauce	L00501	Roast Beef	L19500	Teriyaki Beef Strips	L08101	Roast Pork Loin w/Gravy		
L05300	Beef Stroganoff	O02400	w/Cucumber Sauce	Q07800	Potatoes & Herbs	L08200	Sweet and Sour Pork	O01605	Mushroom Gravy	E00502	Tossed Green Rice	Q05700	Mashed Potatoes		
E00400	Boiled Egg Noodles	Q06600	Baked Sweet Potatoes	E01400	Spring Garden Rice	E02000	Ginger Rice	Q05700	Mashed Potatoes		Mixed Vegetables	E00500	Steamed Rice		
Q05700	Mashed Potatoes	E01700	Mediterranean Brown Rice		Spinach	E01200	Noodles Jefferson		Green Beans		Zucchini		Steamed Carrots		
Q00800	Harvard Beets		Brussels Sprouts	Q00105	Green Bean Combo	Q07300	Japanese Vegetables		Whole Kernel Corn	M50600	Salad Bar	Q02000	French Fried Cauliflower		
Q02600	Herbed Green Beans		Steamed Corn	M50600	Salad Bar		Steamed Cauliflower	M50600	Salad Bar	M50500	Fruit Bar	M50600	Salad Bar		
	Cranberry Sauce	M50600	Salad Bar	M50500	Fruit Bar	M50600	Salad Bar	M50500	Fruit Bar	M00800	Cole Slaw	M50500	Fruit Bar		
M50600	Salad Bar	M50500	Fruit Bar	M50400	Broccoli Salad	M50500	Fruit Bar	M03600	Perfection Salad	D03403	Whole Wheat Rolls		Chilled Applesauce		
M50500	Fruit Bar		Chilled Applesauce	D03403	Whole Wheat Rolls	M00202	Spinach & Mushroom Salad	D03403	Whole Wheat Rolls		Asst. Bread	D03403	Whole Wheat Rolls		
M05300	German Style Tomato Salad	D03403	Whole Wheat Rolls		Asst. Bread	D03403	Whole Wheat Rolls		Asst. Bread	G00200	Applesauce Cake		Asst. Bread		
D03403	Whole Wheat Rolls		Asst. Bread	D00700	Garlic Bread		Asst. Bread	G03202	Boston Cream Pie	J01601	Chocolate Chip Pudding	H02500	Abracadabra Bars		
	Asst. Bread	J01403	Pineapple Cream Pudding	I01000	Apple Cobbler	H02001	Chocolate Chip Cookies	G01000	Yellow Cake		Tartar Sauce	G01202	German Chocolate Cake		
H00500	Shortbread Cookies	G02501	Spice Cake	I03202	Strawberry Chiffon Pie	H01301	Sugar Cookies	O02300	Horseradish Sauce		Margarine		Margarine		
I01701	Blueberry Pie		Tartar Sauce		Tartar Sauce		Margarine		Margarine		1% & Skim Milk		1% & Skim Milk		
	Margarine		Margarine		Margarine		1% & Skim Milk		1% & Skim Milk		Coffee		Coffee		
	1% & Skim Milk		1% & Skim Milk		1% & Skim Milk		Coffee		Coffee		Tea		Tea		
	Coffee		Coffee		Coffee		Tea		Tea						
	Tea		Tea		Tea										

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WEEK 3																				
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
LUNCH															BRUNCH					
P01001	Shrimp Gumbo	P00101	Beef Barley Soup	P02100	Zesty Bean Soup	P02204	Vegetable Beef Supreme Soup	P01100	Corn Chowder	P00908	Tomato Soup		All Breakfast Items Plus:							
	Crackers		Crackers		Crackers		Crackers		Crackers		Crackers	P01400	Cream of Mushroom Soup							
L17500	Potato Frittata	L08602	Breaded Pork Steak w/Gravy	L18501	Caribbean Flounder	L20200	Oriental Tuna Patty on a Whole Wheat Roll	L16500	Asst. Pizza	L18900	Italian Broccoli Pasta		Crackers							
L19200	Honey Lemon Chicken	L50000	Russian Turkey Stew	N02000	Grilled Reuben Sandwich	L02100	Beef Pot Pie w/Biscuit Topping	L16200	Roast Turkey	N02100	Baked Chicken Fillet Sandwich	L09900	Pork Adobo							
E51000	Pasta Provincial	Q04400	Baked Potatoes	Q07500	Deviled Oven Fries	E00400	Seasoned Noodles	O01602	Turkey Gravy	O02500	w/Herbed Mayonnaise	E00500	Steamed Rice							
E00801	Orange Rice		Wax Beans w/Pimiento	E01800	Spicy Brown Rice Pilaf	Q03501	Onion Rings	Q05700	Mashed Potatoes	Q04506	Baked Potato Rounds	Q01600	Carrot and Celery Amandine							
Q00105	Green Bean Combo	Q02900	Southern Style Greens		Steamed Asparagus		Green Beans		Steamed Lima Beans	Q00105	Green Bean Combo	M50600	Salad Bar							
Q05800	Stewed Tomatoes	M50600	Salad Bar	Q00106	Corn Combo		Steamed Cauliflower	Q00101	Broccoli Combo		Steamed Zucchini	M01303	Cottage Cheese & P/A Salad							
M50600	Salad Bar	M50500	Fruit Bar	M50600	Salad Bar	M50600	Salad Bar	M50600	Salad Bar	M50600	Salad Bar	J02000	Creamy Rice Pudding							
M50500	Fruit Bar	M04001	Deviled Potato Salad	M50500	Fruit Bar	M50500	Fruit Bar	M50500	Fruit Bar	M50500	Fruit Bar	J00704	Strawberry Gelatin							
M00102	Cabbage, Apple & Raisin Salad		Chilled Applesauce	M02505	Jellied Banana Salad	M07201	Creamy Cucumber Rice Salad	M01900	Garden Vegetable Salad	M03400	Macaroni Salad									
D03403	Whole Wheat Rolls	D03403	Whole Wheat Rolls	D03403	Whole Wheat Rolls	D03403	Whole Wheat Rolls	D03403	Whole Wheat Rolls	D03403	Whole Wheat Rolls									
	Asst. Bread		Asst. Bread	D00700	Garlic Bread		Asst. Bread		Asst. Bread		Asst. Bread									
I01002	Blueberry Cobbler	G01002	Black Walnut Cake	H00300	Butterscotch Brownies	H02002	Chocolate Chip Bars	I00702	Coconut Cream Pie	G01100	Easy Chocolate Cake									
J00802	Cherry Crisp	G02901	P/A Upside Down Cake	H00903	Oatmeal Raisin Cookies	G50400	Spice Cake	H01303	Snickerdoodles	H01101	Peanutbutter Cookies									
	Margarine		Margarine		Tartar Sauce	G02700	w/Cream Cheese Frosting		Margarine		Margarine									
	1% & Skim Milk		1% & Skim Milk		Margarine		Margarine		1% & Skim Milk		1% & Skim Milk									
	Coffee		Coffee		1% & Skim Milk		1% & Skim Milk		Coffee		Coffee									
	Tea		Tea		Coffee		Coffee		Tea		Tea									
					Tea		Tea													

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MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
DINNER																				
P00201	Chicken Noodle Soup	P01700	Spanish Soup	P00701	Minestrone Soup	P00102	Beef Noodle Soup	P00700	Vegetable Soup	P01000	Chicken Gumbo	P00201	Chicken Noodle Soup							
	Crackers		Crackers		Crackers		Crackers		Crackers		Crackers		Crackers							
L05400	Steak Ranchero	L14901	Baked Chicken w/Mushroom Gravy	L07601	Cheese Manicotti	L50300	Jamaican Rum Chicken	L50400	Baked Fish Scandia	L04100	Swedish Meatballs	L01000	Beef Pot Roast							
L03200	Parmesan Fish	L05000	Oven Roast	L18800	Turkey Fingers	L09200	BBQ Spare Ribs	L52300	Mambo Pork Roast	L06901	Grilled Ham Steak	O01600	Brown Gravy							
Q50200	Italian Roasted Potatoes	Q50400	Roasted Pepper Potatoes	O02900	w/Honey Mustard Sauce	Q04501	French Fried Potatoes	Q03301	Paprika Potatoes	O00900	w/Pineapple Sauce	L13600	Shrimp Creole							
E00400	Parslied Noodles	E00500	Seasoned Rice	Q03300	Parslied Buttered Potatoes	E00503	Long Grain & Wild Rice		Whole Kernel Corn	E01300	Seasoned Pasta	E00500	Steamed Rice							
	Summer Yellow Squash		Steamed Mixed Vegetables		Steamed Broccoli	Q07400	Squash & Carrot Medley	Q00801	Beets in Orange Lemon Sauce	E01400	Spring Garden Rice	Q05700	Mashed Potatoes							
Q00101	Steamed Broccoli Combo	Q50300	Okra Melange	Q04100	Peas w/Mushrooms	Q06300	Tangy Spinach	M50600	Salad Bar	Q01201	Calico Cabbage	Q00103	Cauliflower Combo							
M50600	Salad Bar	M50600	Salad Bar	M50600	Salad Bar	Q00301	Savory Baked Beans	M50500	Fruit Bar		Mixed Vegetables	Q04100	Peas w/Mushrooms							
M50500	Fruit Bar	M50500	Fruit Bar	M50500	Fruit Bar	M50600	Salad Bar	M00400	Frijole Salad	M50600	Salad Bar	M50600	Salad Bar							
M07200	Confetti Rice Salad	M07000	Zesty Rotini Salad	M07300	Kiwi Salad	M50500	Fruit Bar	D03403	Whole Wheat Rolls	M50500	Fruit Bar	M50500	Fruit Bar							
D03403	Whole Wheat Rolls	D03403	Whole Wheat Rolls	D03403	Whole Wheat Rolls	M00900	Creamy Cole Slaw		Asst. Bread	M00200	Spinach Salad	M02300	Jellied Cranberry & Orange Salad							
	Asst. Bread		Asst. Bread		Asst. Bread	D03403	Whole Wheat Rolls	I03301	Lemon Meringue Pie	D03403	Whole Wheat Rolls	D03403	Whole Wheat Rolls							
H02101	Almond Cookies	J01002	Blueberry Crunch	J00801	Cherry Crisp		Asst. Bread	H02200	Fudgy Brownies		Asst. Bread		Asst. Bread							
G50000	White Cake w/	J50400	Baked Bananas	I01000	Apple Cobbler	H00800	Gingerbread Cookies		Chilled Applesauce	I50000	Key Lime Pie	H00900	Oatmeal Cookies							
G02202	Chocolate Butter Cream Frosting		Margarine		Margarine	J01801	Chocolate Cream Pudding		Tartar Sauce	G01005	Marble Cake w/	G02800	Strawberry Short Cake							
	Tartar Sauce		1% & Skim Milk		1% & Skim Milk		Margarine		Margarine	G02200	Butter Cream Frosting	O02300	Horseradish Sauce							
	Margarine		Coffee		Coffee		1% & Skim Milk		1% & Skim Milk		Margarine		Margarine							
	1% & Skim Milk		Tea		Tea		Coffee		Coffee		1% & Skim Milk		1% & Skim Milk							
	Coffee						Tea		Tea		Coffee		Coffee							
	Tea										Tea		Tea							

Food Item: Healthy Navy Option (entrée ≤ 15 gm fat, side dishes ≤ 5 gm fat)

Prepared by _____

Submitted by _____

Reviewed by _____

Approved by _____

HEALTHY NAVY MENU

WEEK 4																				
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
LUNCH															BRUNCH					
P00803	Old Fashioned Bean Soup	P01401	Cream of Broccoli Soup	P01700	Spanish Soup	P01200	Manhattan Clam Chowder	P01101	Chicken Corn Chowder	P01301	New England Clam Chowder		All Breakfast Items Plus:							
	Crackers		Crackers		Crackers		Crackers		Crackers		Crackers	P01001	Shrimp Gumbo							
L15500	Fried Chicken	L18100	Chicken w/Orange Glaze	N50200	Baked Turkey Melt	L07300	Scalloped Ham and Potatoes	L11500	Spicy Baked Fish	L17700	Bombay Chicken		Crackers							
L11901	Baked Fish w/Garlic Butter	N04900	Mexican Beef Wrap	L03200	Parmesan Fish	N04400	Grilled Chicken Sandwich w/Ranch Dressing & Fixings	N02201	Grilled Italian Sausage w/Peppers and Onions on a Roll	L19400	Tropical Baked Pork Chops	L15000	Turkey Pot Pie w/Biscuit							
E01500	Sicilian Brown Rice	E00501	Lyonnais Rice	E01600	Islanders Rice	Q07100	Rosemary Roasted Potato Wedges	E51000	Pasta Provincial	E01200	Noodles Jefferson	E00013	Steamed Noodles							
Q05000	Oven Brown Potatoes	Q03801	Refried Beans	Q04501	French Fries		Whole Kernel Corn	E00504	Parslied Rice w/Parmesan Cheese	Q04400	Baked Potatoes		Simmered Mixed Vegetables							
Q06000	Club Spinach		Mixed Vegetables	Q03100	Okra and Tomato Gumbo	Q00103	Cauliflower Combo		Peas & Carrots		Steamed Zucchini	M50600	Salad Bar							
	Steamed Whole Kernel Corn		Seasoned Asparagus		Peas	M50600	Salad Bar		Wax Beans w/Pimiento		Cream Style Corn	M04500	3 Bean Salad							
M50600	Salad Bar	M50600	Salad Bar	M50600	Salad Bar	M50500	Fruit Bar	M50600	Salad Bar	M50600	Salad Bar	H02200	Fudgy Brownies							
M50500	Fruit Bar	M50500	Fruit Bar	M50500	Fruit Bar	J00601	Ambrosia	M50500	Fruit Bar	M50500	Fruit Bar	G08000	Florida Lemon Cake							
M00905	Vegetable Slaw	M02600	Jellied Fruit Cocktail Salad		Pasta Salad	D03403	Whole Wheat Rolls	M01400	Cottage Cheese & Tomato Salad	M01300	Cottage Cheese & Peach Salad									
D03403	Whole Wheat Rolls	D03403	Whole Wheat Rolls	D03403	Whole Wheat Rolls		Asst. Bread	D03403	Whole Wheat Rolls		Chilled Applesauce									
	Asst. Bread		Asst. Bread		Asst. Bread	J01405	Chocolate Cream Pudding		Asst. Bread	D03403	Whole Wheat Rolls									
G03600	Cheesecake (Lite)	G01300	Carrot Cake	G02902	Fruit Cocktail Upsidedown Cake	H00400	Chewy Nut Bar	J01700	Cream Puffs		Asst. Bread									
I00601	Banana Cream Pie	I02401	Peach Pie	H02001	Chocolate Chip Cookies		Margarine	I01001	Peach Cobbler	J01000	Pineapple crunch									
	Tartar Sauce		Margarine		Tartar Sauce		1% & Skim Milk		Tartar Sauce	J01300	Tapioca Pudding									
	Margarine		1% & Skim Milk		Margarine		Coffee		Margarine		Margarine									
	1% & Skim Milk		Coffee		1% & Skim Milk		Tea		1% & Skim Milk		1% & Skim Milk									
	Coffee		Tea		Coffee				Coffee		Coffee									
	Tea				Tea				Tea		Tea									

Food Item: Healthy Navy Option (entrée ≤ 15 gm fat, side dishes ≤ 5 gm fat)

Prepared by _____

Submitted by _____

Reviewed by _____

Approved by _____

HEALTHY NAVY MENU

WEEK 4																				
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
DINNER																				
P00910	Vegetable Beef Soup	P00401	French Onion Soup	P00908	Tomato Soup	P00700	Vegetable Soup	P00101	Beef Barley Soup	P00200	Chicken Rice Soup	P00701	Minestrone Soup							
	Crackers		Crackers		Crackers		Crackers		Crackers		Crackers		Crackers							
L19601	Southwest Sweet Potato, Black Beans and Rice	L08100	Roast Pork	L14302	Herbed Chicken	E01300	Pasta	L03100	Ravioli w/Tomato Sauce	L13001	Scalloped Tuna and Peas	L18200	Fiesta Chicken							
L16200	Roast Turkey	O01800	w/Au Jus	L06200	Yakisoba	O03100	w/Shrimp Sauce	L04900	Turkey Cutlet	L00501	Roast Beef w/Gravy	L10400	Jaegerschnitzel							
O01602	Turkey Gravy	L17301	Spinach Tortellini w/Marinara Sauce	O01602	Chicken Gravy	L04500	Stuffed Beef Rolls w/Gravy	O00800	w/Sweet and Sour Sauce	E00800	Rice Pilaf	Q05700	Mashed Potatoes							
O02000	Cornbread Dressing	Q04400	Baked Potatoes	Q05700	Mashed Potatoes	Q03300	Parslied Potatoes	E00503	Long Grain & Wild Rice	Q05700	Mashed Potatoes	E00502	Tossed Green Rice							
Q50000	Garlic Cheese Potatoes		Steamed Green Beans	Q00101	Broccoli Combe	Q02900	Southern Style Greens	Q00105	Green Bean Combe	Q06300	Tangy Spinach		Green Beans							
	Wax Beans w/Pimento		Summer Squash	Q01600	Carrot and Celery Amandine		Mixed Vegetables		Brussels Sprouts	Q02500	Vegetable Stir Fry	Q01701	Glazed Carrots							
	Broccoli		Chilled Applesauce		Cranberry Sauce	M50600	Salad Bar	M50600	Salad Bar	O02300	Horseradish Sauce	M50600	Salad Bar							
M50600	Salad Bar	M50600	Salad Bar	M50600	Salad Bar	M50500	Fruit Bar	M50500	Fruit Bar	M50600	Salad Bar	M50500	Fruit Bar							
M50500	Fruit Bar	M50500	Fruit Bar	M50500	Fruit Bar	M05000	Waldorf Salad	M02500	Jellied Fruit Salad	M50500	Fruit Bar	M03700	Pickled Beets & Onion Salad							
	Cranberry Sauce	M04400	Spring Salad	M05301	Country Style Tomato Salad	D00700	Garlic Bread	D03403	Whole Wheat Rolls	M03900	Corn Relish	D03403	Whole Wheat Rolls							
M00500	Carrot Salad	D03403	Whole Wheat Rolls	D03403	Whole Wheat Rolls	D03403	Whole Wheat Rolls		Asst. Bread	D03403	Whole Wheat Rolls		Asst. Bread							
D03403	Whole Wheat Rolls		Asst. Bread		Asst. Bread		Asst. Bread	G01300	Carrot Cake w/		Asst. Bread	I02201	Cherry Pie							
	Asst. Bread	H01200	Chocolate Drop Cookies	I01200	Sweet Potato Pie	J07001	Banana Fruit Jello	G02700	Cream Cheese Frosting	G02000	Applesauce Cake	G01002	Black Walnut Cake							
G01000	Angel Food Cake	J01800	Vanilla Cream Pudding	J00100	Apple Crisp	G00800	Florida Lemon Cake	J01405	Chocolate Pudding	J01000	Pineapple Crunch		Margarine							
H01700	Hermits		Margarine		Margarine		Margarine		Margarine		Margarine		1% & Skim Milk							
	Margarine		1% & Skim Milk		1% & Skim Milk		1% & Skim Milk		1% & Skim Milk		1% & Skim Milk		Coffee							
	1% & Skim Milk		Coffee		Coffee		Coffee		Coffee		Coffee		Tea							
	Coffee		Tea		Tea		Tea		Tea		Tea									
	Tea																			

Food Item: Healthy Navy Option (entrée ≤ 15 gm fat, side dishes ≤ 5 gm fat)

WEEK 5

Prepared by _____

Submitted by _____

Reviewed by _____

Approved by _____

HEALTHY NAVY MENU

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	BREAKFAST													
	Orange Juice		Orange Juice		Orange Juice		Orange Juice		Orange Juice		Orange Juice		Orange Juice	
	Apple Juice		Cranberry-Orange Juice		Pineapple Juice		Grapefruit Juice		Apple Juice		Cranberry Juice		Vegetable Juice	
	RTE Cereal	E00102	RTE Cereal		RTE Cereal		RTE Cereal		RTE Cereal		RTE Cereal		RTE Cereal	
E00100	Rolled Oats w/Fruit Compote		Farina	E00101	Hominy Grits	E00100	Hot Oatmeal	E00102	Farina	E00101	Hominy Grits	E00100	Hot Oatmeal	
	Fat Free Yogurt		Fat Free Yogurt		Fat Free Yogurt		Fat Free Yogurt		Fat Free Yogurt		Fat Free Yogurt		Fat Free Yogurt	
	Eggs To Order		Eggs To Order		Eggs To Order		Eggs To Order		Eggs To Order		Eggs To Order		Eggs To Order	
F01300	Veggie Egg Pocket		Assorted Omelets		Assorted Omelets	F01201	Breakfast Pita		Assorted Omelets	F01200	Breakfast Burrito		Assorted Omelets	
L20000	Grilled Turkey Sausage Links	L51500	Grilled Turkey Bacon	L00100	Oven Fried Bacon	L51500	Grilled Turkey Bacon	L00100	Oven Fried Bacon	L03000	Creamed Ground Beef	L07103	Grilled Ham Slice	
L00100	Oven Fried Bacon	L09101	Baked Sausage Links	L00203	Grilled Canadian Bacon	L08901	Baked Sausage Patties	L51200	Grilled Turkey Sausage Patty	L00101	Grilled Bacon	L00100	Oven Fried Bacon	
Q04600	Hash Brown Potatoes	Q04700	Home Fried Potatoes	Q01900	German Potato Griddle Cakes	Q04600	Hash Brown Potatoes	Q04700	Home Fried Potatoes	Q04601	Cottage Fried Potatoes	Q04600	Hash Brown Potatoes	
D50000	Peach Pancakes	D02200	French Toast	D02506	Waffles	D02502	Blueberry Pancakes	D02200	French Toast	D02506	Waffles	D50100	Apple Pancakes	
D01903	Long Johns	D03000	Banana Bread	K00700	Strawberry Topping	D01803	Chocolate Doughnuts	D05700	Apple Coffee Cake	D04101	Cherry Topping	D02802	Blueberry Bran Muffins	
M50500	Fruit Bar	M50500	Fruit Bar	D02800	Bran Muffins	M50500	Fruit Bar	M50500	Fruit Bar		Cinnamon Sweet Roll	M50500	Fruit Bar	
D01300	Bagel w/Cream Cheese	D02100	English Muffin	M50500	Fruit Bar	D02100	English Muffin	D01300	Bagel w/Cream Cheese	M50500	Fruit Bar	D01300	Bagel w/Cream Cheese	
D05500	Whole Wheat Bread	D05500	Whole Wheat Bread	D01300	Bagel w/Cream Cheese	D05500	Whole Wheat Bread	D05500	Whole Wheat Bread	D02100	English Muffin	D05500	Whole Wheat Bread	
	Asst. Breads		Asst. Breads	D05500	Whole Wheat Bread		Asst. Breads		Asst. Breads	D05500	Whole Wheat Bread		Asst. Breads	
	Margarine		Margarine		Asst. Breads		Margarine		Margarine		Asst. Breads		Margarine	
	Jelly/Peanutbutter		Jelly/Peanutbutter		Margarine		Jelly/Peanutbutter		Jelly/Peanutbutter		Margarine		Jelly/Peanutbutter	
	Maple Syrup		Maple Syrup		Jelly/Peanutbutter		Maple Syrup		Maple Syrup		Jelly/Peanutbutter		Maple Syrup	
	1% & Skim Milk		1% & Skim Milk		Maple Syrup		1% & Skim Milk		1% & Skim Milk		Maple Syrup		1% & Skim Milk	
	Coffee		Coffee		1% & Skim Milk		Coffee		Coffee		1% & Skim Milk		Coffee	
	Tea		Tea		Coffee		Tea		Tea		Coffee		Tea	
					Tea						Tea			

Low fat/low cholesterol eggs are available upon request
Food Item: Healthy Navy Option (entrée ≤ 15 gm fat, side dishes ≤ 5 gm fat)

WEEK 5

Prepared by _____

Submitted by _____

Reviewed by _____

Approved by _____

HEALTHY NAVY MENU

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	LUNCH												BRUNCH	
P01400	Cream of Mushroom Soup	P00102	Beef Noodle Soup	P02500	Texas Tortilla Soup	P00401	French Onion Soup	P02200	Chicken Mushroom Soup	P01401	Cream of Broccoli Soup		All Breakfast Items Plus:	
	Crackers		Crackers		Crackers		Crackers		Crackers		Crackers	P02204	Vegetable Supreme Soup	
L13501	Creole Fish	L07101	Baked Ham Steak	L04301	Chicken Fajitas	L16500	Asst. Pizza	L13702	Fried Shrimp	L02800	Chili Con Carne		Crackers	
L01300	Pepper Steak	O00900	w/Pineapple Sauce	N05000	Crunchy Vegetable Burrito	L03801	Spaghetti w/Meat Sauce	L17600	Vegetable Stuffed Peppers	N00600	Grilled Cheese Sandwich	L14500	Chicken Vega	
N51000	Vegetable Burger on Roll	N04800	Jamaican Jerk Chicken Sandwich	E00900	Spanish Rice	N01000	Egg Salad Sandwich on Whole Wheat Bread	F00100	Macaroni & Cheese	E00500	Steamed Rice	Q00103	Cauliflower Combo	
Q07500	Deviled Oven Fries	E00500	Seasoned Rice	Q00202	Baked Pinto Beans	Q04506	Potato Rounds	Q03300	Parsley Potatoes	Q04501	French Fried Potatoes	M50600	Salad Bar	
E01800	Spicy Brown Rice Pilaf	Q05000	Oven Browned Potatoes		Savory Zucchini		Seasoned Spinach		Seasoned Broccoli		Steamed Carrots	M02500	Jellied Fruit Salad	
	Steamed Cauliflower	Q05800	Stewed Tomatoes	Q01600	Carrot and Celery Amandine	Q00103	Cauliflower Combo	Q05800	Stewed Tomatoes		Green Beans	G00100	Angel Food Cake	
Q00106	Corn Combo		Mixed Vegetables	M50600	Salad Bar	M50600	Salad Bar	M50600	Salad Bar	M50600	Salad Bar	G02400	w/Chocolate Glaze	
	Tartar Sauce	M50600	Salad Bar	M50500	Fruit Bar	M50500	Fruit Bar	M50500	Fruit Bar	M50500	Fruit Bar	J01005	Peach Crunch	
M50600	Salad Bar	M50500	Fruit Bar	M00801	Mexican Coleslaw	M02502	Jellied Pear Salad	M00904	Pineapple Marshmallow Coleslaw	M04000	Potato Salad			
M50500	Fruit Bar	M03601	Golden Glow Salad	D03403	Whole Wheat Rolls	D00700	Garlic Bread	D03403	Whole Wheat Rolls	D03403	Whole Wheat Rolls			
M02900	Italian Pasta Salad	D03403	Whole Wheat Rolls		Asst. Bread	D03403	Whole Wheat Rolls		Asst. Bread		Asst. Bread			
D03403	Whole Wheat Rolls		Asst. Bread	J01800	Vanilla Cream Pudding		Asst. Bread	G02902	Fruit Cocktail Upside Down Cake	J01601	Choc Chip Bread Pudding			
	Asst. Bread	I03301	Lemon Meringue Pie	J01001	Apple Crisp	J01700	Cream Puffs	H02002	Chocolate Chip Bars	G01100	Easy Chocolate Cake			
H00200	Butterscotch Brownies	G01001	Almond Florida Cake		Margarine	J00806	Blueberry Crisp		Tartar Sauce		Margarine			
H00700	Oatmeal Cookies		Margarine		1% & Skim Milk		Margarine		Cocktail Sauce		1% & Skim Milk			
	Margarine		1% & Skim Milk		Coffee		1% & Skim Milk		Margarine		Coffee			
	1% & Skim Milk		Coffee		Tea		Coffee		1% & Skim Milk		Tea			
	Coffee		Tea				Tea		Coffee					
	Tea								Tea					

Food Item: Healthy Navy Option (entrée ≤ 15 gm fat, side dishes ≤ 5 gm fat)

Prepared by _____

Submitted by _____

Reviewed by _____

Approved by _____

HEALTHY NAVY MENU

WEEK 5																				
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
DINNER																				
P01000	Chicken Gumbo	P02700	Lentil Vegetable Soup	P00200	Chicken Rice Soup	P00800	Navy Bean Soup	P01301	New England Clam Chowder	P00101	Beef Barley Soup	P00701	Minestrone Soup							
	Crackers		Crackers		Crackers		Crackers		Crackers		Crackers		Crackers							
E01300	Linguini	L02202	El Rancho Stew	L11903	Lemon Baked Fish	L07800	Chicken Adobo	L00402	Steamship Round of Beef	L14600	Barbecue Chicken	L14702	Turkey a la King							
O00401	w/Clam Sauce	L16100	Roast Turkey	L01601	Swiss Steak w/Brown Gravy	L08100	Roast Pork	O01800	w/Gravy	L50800	Vegetable Lasagna	L12000	Baked Stuffed Fish							
L08401	Pork Chop w/Apple Rings	O01602	Turkey Gravy	E00400	Parslied Egg Noodles		Pork Gravy	L12703	Boiled Crab Legs	Q50400	Roasted Red Pepper Potatoes	E00505	Steamed Brown Rice							
Q05700	Mashed Potatoes	Q07800	Potatoes and Herbs	Q05101	Au Gratin Potatoes	E00503	Long Grain and Wild Rice	Q04400	Baked Potatoes		Brussels Sprouts	E00401	Buttered Parslied Noodles							
Q04100	Peas w/Mushrooms	E00400	Boiled Noodles	Q00105	Green Bean Combo	Q01300	Scalloped Sweet Potatoes & Apples		Steamed Peas		Mixed Vegetables		Seasoned Corn							
	Steamed Wax Beans		Seasoned Broccoli		Lima Beans	Q07300	Japanese Vegetable Stir Fry	Q01201	Calico Cabbage	M50600	Salad Bar		Steamed Asparagus							
M50600	Salad Bar	Q00900	Hot Spiced Beets	M50600	Salad Bar		Steamed Peas	M50600	Salad Bar	M50500	Fruit Bar	M50600	Salad Bar							
M50500	Fruit Bar		Cranberry Sauce	M50500	Fruit Bar	M50600	Salad Bar	M50500	Fruit Bar	M02505	Jellied Banana Salad	M50500	Fruit Bar							
	Chilled Applesauce	M50600	Salad Bar	M00200	Spinach Salad	M50500	Fruit Bar	M03900	Corn Relish		Cranberry Sauce	M01301	Cottage Cheese w/Apricot Salad							
D03403	Whole Wheat Rolls	M50500	Fruit Bar	D03403	Whole Wheat Rolls	M03700	Pickled Beets and Onion Salad	D03403	Whole Wheat Rolls	D03403	Whole Wheat Rolls	D03403	Whole Wheat Rolls							
	Asst. Bread	M02000	Marinated Carrots		Asst. Bread		Chilled Applesauce		Asst. Bread		Asst. Bread		Asst. Bread							
G02501	Spice Cake	D03403	Whole Wheat Rolls	H00600	Crisp Toffe Bars	D03403	Whole Wheat Rolls	H02100	Lemon Cookies	J01003	Cherry Crunch	I01003	Cherry Cobbler							
G02605	Cheese Cake w/Cherry Topping		Asst. Bread	G00300	Chocolate Macaroon Cake		Asst. Bread	G01701	Gingerbread	I02801	Chocolate Cream Pie	H01101	Peanutbutter Cookies							
	Margarine	J00801	Cherry Crisp		Tartar Sauce	G01201	Devil's Food Cake	K00201	w/Whipped Topping		Margarine		Tartar Sauce							
	1% & Skim Milk	I01002	Blueberry Cobbler		Margarine	J00100	Apple Crisp	O02300	Horseradish Sauce		1% & Skim Milk		Margarine							
	Coffee		Margarine		1% & Skim Milk		Margarine		Margarine		Coffee		1% & Skim Milk							
	Tea		1% & Skim Milk		Coffee		1% & Skim Milk		1% & Skim Milk		Tea		Coffee							
			Coffee		Tea		Coffee		Coffee				Tea							
			Tea				Tea		Tea											

Food Item: Healthy Navy Option (entrée ≤15 gm fat, side dishes ≤ 5 gm fat)

Prepared by _____

Submitted by _____

Reviewed by _____

Approved by _____

HEALTHY NAVY MENU

STANDARD SALAD BAR ITEMS:

Assorted Greens
Red Cabbage
Carrot Sticks
Celery Slices
Cucumber Slices
Tomato Wedges
Green Pepper Slices
Cherry Peppers
Tucson Peppers
Cheese, Shredded or Cubed
Tuna/Eggs/Ham/Turkey (one available)
Green Peas
Broccoli
Cauliflower
Sliced Onions
Radish Slices
Sliced Mushrooms
Olives
Corn
Kidney Beans
Chopped Bacon
Raisins
Garbonzo Beans
Croutons
Low Fat Dressings
Regular Dressings

Prepared by

Submitted by

Reviewed by

Approved by

HEALTHY NAVY MENU

FRUIT BAR

Assorted Fresh and Canned Fruits

Orange Sections

Apples

Peaches

Pears

Cantaloupe Cubes

Bananas

Grapefruit Sections

Grapes

Kiwi

Seasonal Fruit

Yogurt, lowfat or fat free

Fruit flavored gelatin

Prepared by

Submitted by

Reviewed by

Approved by