



Nebraska Training Table

2009 Spring Semester

Monday 13-Apr-09		Tuesday 14-Apr-09		Wednesday 15-Apr-09		Thursday 16-Apr-09		Friday 17-Apr-09	
Prepared Salads									
Tossed Salad	Fresh Spinach	Tossed Salad	Spring Mix Lettuce	Tossed Salad	Fresh Spinach	Tossed Salad	Spring Mix Lettuce	Tossed Salad	Fresh Spinach
Caesar Salad	Broccoli Cauliflower Salad	Korean Spinach Salad	Ambrosia Salad	Greek Salad	Fruit Compote	Taco Salad	Broc. Noodle Salad	Orange & Date Salad	Macaroni Salad
Romaine w/ Red Ppr. Vin., Artichokes & Grape Tomatoes		Cranberry Walnut Salad		Mediterranean Salad w/ Chickpeas, Artichokes & Chry		Greek Salad		Caesar Salad	
Vegetables & Toppings									
Peas	Mushrooms	Broccoli	Baby Corn	Broccoli	Mushrooms	Broccoli	Black Olives	Asparagus	Broccoli
Pea Pods	Baby Carrots	Zucchini	Carrots	Zucchini	Carrots	Zucchini	Carrot	Carrots	Red Cabbage
Broccoli	Sliced Tomato	Bean Sprouts	Red Cabbage	Cucumbers	Red Pepper	Peas	Red Cabbage	Cauliflower	Grape Tomato
Cucumbers	Grape Tomato	Dill Pickles	Grape Tomato	Sprouts	Radishes	Sprouts	Radishes	Sliced Tomato	Zucchini
Dill Pickles	Radishes	Mushrooms	Radishes	Green Onion	Tomato Wedges	Cauliflower	Grape Tomato	Mushrooms	Red Onion
Cauliflower		Cauliflower		Peas	Grape Tomato	Mushrooms		Cucumber	Peas
Walnuts	Pecans	Walnuts	Pecans	Walnuts	Pecans	Walnuts	Pecans	Walnuts	Pecans
Sunflower Seeds	Raisins	Sunflower Seeds	Raisins	Sunflower Seeds	Raisins	Sunflower Seeds	Raisins	Sunflower Seeds	Raisins
Croutons	Bacon Bits	Croutons	Bacon Bits	Croutons	Bacon Bits	Croutons	Bacon Bits	Croutons	Bacon Bits
Protein Items									
Cottage Cheese	Vanilla Yogurt	Cottage Cheese	Strawberry Yogurt	Cottage Cheese	Cherry Yogurt	Cottage Cheese	Mixed Berry Yogurt	Cottage Cheese	Blueberry Yogurt
Egg Halves	Egg Whites	Egg Halves	Egg Whites	Egg Halves	Egg Whites	Egg Halves	Egg Whites	Egg Halves	Egg Whites
Cheddar Cheese	Mozzarella Cheese	Cheddar Cheese	Mozzarella Cheese	Cheddar Cheese	Mozzarella Cheese	Cheddar Cheese	Mozzarella Cheese	Cheddar Cheese	Mozzarella Cheese
Turkey	Red Beans	Diced Chicken	Red Beans	Shrimp	Black Beans	Shrimp	Black Beans	Crab	Black Beans
				Chicken Salad	Twist Noodles		Bowtie Pasta		Shell Pasta
Fruit Bar									
Green Grapes	Watermelon	Green Grapes	Watermelon	Green Grapes	Watermelon	Green Grapes	Watermelon	Green Grapes	Watermelon
Kiwi	Cantaloupe	Kiwi	Cantaloupe	Kiwi	Cantaloupe	Kiwi	Cantaloupe	Kiwi	Cantaloupe
Red Grapes	Honeydew	Red Grapes	Honeydew	Red Grapes	Honeydew	Red Grapes	Honeydew	Red Grapes	Honeydew
Apples	Pineapple	Apples	Pineapple	Apples	Pineapple	Apples	Pineapple	Apples	Pineapple
Bananas	Oranges	Bananas	Oranges	Bananas	Oranges	Bananas	Oranges	Bananas	Oranges
Fruit for SALAD BAR	Seasonal Fruit	Fresh Fruit Salad	Seasonal Fruit		Seasonal Fruit		Seasonal Fruit	Fruit Compote	Seasonal Fruit