



NEBRASKA TRAINING TABLE

Lunch

| Monday 18-Sep-17 | Tuesday 19-Sep-17 | Wednesday 20-Sep-17 | Thursday 21-Sep-17 | Friday 22-Sep-17 |
|---|--|--|--|--|
| Entrees | | | | |
| Salmon Burger Grilled Chicken Breast Baked Catfish Blackened Shrimp Pasta BBQ Pulled Pork Sandwich Turkey Reuben | Grilled Chicken Breast Hamburger Baked Cod Fish Sandwich Grilled Vegetable Lasagna Chicken/Beef Fajitas | Grilled Chicken Breast Turkey Burger Baked Haddock Grilled Pork Loin Medallions Beef & Mushroom Ragu w/Pasta Chicken Philly Sandwich | Hamburger Turkey Burger Grilled Chicken Breast w/Chipotle Lime Glaze Cod Strips Chicken Enchiladas Verdes Beef Lo Mein | Grilled Chicken Breast Hamburger Chili-Lime Tilapia Brown Sugar Glazed Ham Curried Chicken w/Potatoes Grilled Salmon Club |
| Vegetables | | | | |
| Green Beans, Carrots, & Pimentos Oven Roasted Spaghetti Squash Alleato Blend Vegetables | Whole Green Beans Napoli Blend Vegetable Scandinavian Blend Vegetables | Germany Blend Vegetables Broccoli, Corn & Red Peppers Cauliflower | Dill Carrots Oregon Blend Vegetables Steamed Broccoli & Cauliflower | Cauliflower, Carrots, & Snow Peas Fresh Asparagus Collard Greens |
| Carbohydrate Bar | | | | |
| Brown Rice and Mushroom Pilaf Whole Kernel Corn Red Beans & Rice Creamed Peas Sweet Potato Fries | Tator Tots Mexistyle Beans Flame Roasted Corn & Peppers Baked Hushpuppies Brown Rice | Rice Pilaf Tortellini Casserole Roasted Baby Potatoes Spicy Roasted Edamame Mashed Sweet Potatoes | Quinoa & Black Beans Spanish Rice Corn on the Cob Roasted Baby Potatoes Baked Steak Fries | Basmati Rice Pilaf Italian-Style Baked Beans Chuckwagon Corn Smoked Gouda Cheese & Macaroni Mashed Potatoes & Chicken Gravy |
| Pastas | | | | |
| Meatball Marinara Alfredo Sauce Marinara Sauce Turkey Marinara High Fiber Pasta White Pasta | Meatball Marinara Alfredo Sauce Marinara Sauce Beef Marinara Sauce High Fiber Pasta White Pasta w/Basil Pesto | Meatball Marinara Alfredo Sauce Marinara Sauce Sausage Marinara Sauce High Fiber Pasta White Pasta | Meatball Marinara Alfredo Sauce Marinara Sauce Beef Marinara Sauce High Fiber Pasta White Pasta w/Tomato Garlic Pesto | Meatball Marinara Alfredo Sauce Marinara Sauce Turkey Marinara High Fiber Pasta White Pasta |
| Soup | | | | |
| Tomato Florentine Soup | Lumberjack Vegetable Soup | French Onion Soup | Chicken Noodle Soup | Vegetable Beef Soup |