



NEBRASKA TRAINING TABLE

Lunch

Monday 25-Sep-17	Tuesday 26-Sep-17	Wednesday 27-Sep-17	Thursday 28-Sep-17	Friday 29-Sep-17
Entrees				
Turkey Burger	Grilled Chicken Breast	Hamburger	Hamburger	Grilled Chicken Breast
Grilled Chicken Breast	Hamburger	Grilled Chicken Breast	Turkey Burgers	Hamburger
Grilled Tuna	Lemon Pepper Tilapia	Baked Catfish	Baked Cod	Salmon w/ Cilantro-Lime Glaze
Carved Roasted Turkey	Bacon Wrapped Pork Shoulder w/ Cilantro Yogurt	Shrimp Stir Fry	Curry Thai Chicken	Hot Beef Sandwich w/ Yukon Gold Mashed Potatoes & Beef Gravy
Breaded Country Fried Steak	Runza	Pepperoni & Cheese Pizza	Steak & Pepper Stir Fry w/ Sticky Rice	BBQ & Buffalo Chicken Wings
Chicken Gyro	Shrimp Tacos	Chicken Quesadilla	Thai Chicken Wrap w/ Spicy Peanut Sauce	Spicy Cuban Pork Sandwich
Vegetables				
Steamed Yellow Squash, Carrots, & Red Peppers	Green Beans, Carrots, & Pimento	Crinkle Cut Carrots	Spring Blend Vegetables	Baked Acorn Squash
Honey Glazed Turnips w/ Shallots	Steamed Broccoli	Steamed Cauliflower	Steamed Snap Peas	Whole Green Beans
Oriental Blend Vegetables	Candied Carrots	Steamed Zucchini, Carrots, & Yellow Squash	Creamed Spinach	5 Way Mixed Vetables
Carbohydrate Bar				
Corn on the Cob	Couscous	Refried Beans	Lemon Orzo Pilaf	Garden Wild Rice
Rice Pilaf	Creamed Pea's	Whole Kernel Corn	Brown Pilaf	Baked Beans
Macaroni and Cheese	Spicy Roasted Edamame	Baked French Fries	Chuckwagon Corn	Green Peas
Garlic Mashed Potatoes w/ Country Gravy	Krinkle Cut Fries	Rice Pilaf	Quinoa Curry	Baked Waffle Fries
Roasted, Diced Sweet Potatoes	Herb Roasted Red Potatoes	Baked Sweet Potatoes Wedges	Curly Fries	Roasted Yukon Gold Potatoes w/Peppers
Pastas				
Meatball Marinara	Meatball Marinara	Meatball Marinara	Meatball Marinara	Meatball Marinara
Alfredo Sauce	Alfredo Sauce	Chicken Alfredo Sauce	Alfredo Sauce	Alfredo Sauce
Marinara Sauce	Marinara Sauce	Marinara Sauce	Marinara Sauce	Zucchini Marinara Sauce
Sausage Marinara Sauce	Turkey Marinara Sauce	Beef Marinara Sauce	Sausage Marinara Sauce	Beef Marinara Sauce
High Fiber Pasta	High Fiber Pasta	High Fiber Pasta	High Fiber Pasta	High Fiber Pasta
White Pasta	White Pasta w/Basil Pesto	White Pasta	White Pasta w/Tomato Pesto	White Pasta
Soup				
Country Style Vegetable Soup	Tomato Florentine Soup	Lumberjack Vegetable Soup	Tomato Raviloli Soup	Chicken Noodle Soup