



# NEBRASKA TRAINING TABLE

Lunch

Monday 9-Apr-18	Tuesday 10-Apr-18	Wednesday 11-Apr-18	Thursday 12-Apr-18	Friday 13-Apr-18
<b>Entrees</b>				
Salmon Burger Grilled Chicken Breast Baked Catfish Blackened Shrimp Pasta BBQ Pulled Pork Sandwich Turkey Reuben	Grilled Chicken Breast Hamburger Baked Haddock Fish Sandwich Grilled Vegetable Lasagna Chicken/Beef Fajitas	Grilled Chicken Breast Turkey Burger Baked Cod 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
<b>Vegetables</b>				
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
<b>Carbohydrate Bar</b>				
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
<b>Pastas</b>				
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
<b>Soup</b>				
Tomato Florentine Soup	Lumberjack Vegetable Soup	French Onion Soup	Chicken Noodle Soup	Vegetable Beef Soup