



# NEBRASKA TRAINING TABLE

Lunch

Monday 16-Apr-18	Tuesday 17-Apr-18	Wednesday 18-Apr-18	Thursday 19-Apr-18	Friday 20-Apr-18
<b>Entrees</b>				
Turkey Burger	Grilled Chicken Breast	Hamburger	Hamburger	Grilled Chicken Breast
Grilled Chicken Breast	Salmon Burger	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	Roasted Chicken Wings
Chicken Gyro	Shrimp Tacos	Tostada Bar	Thai Chicken Wrap w/ Spicy Peanut Sauce	Spicy Cuban Pork Sandwich
<b>Vegetables</b>				
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
<b>Carbohydrate Bar</b>				
Corn on the Cob	Couscous	Refried Beans	Lemon Orzo Pilaf	Garden Wild Rice
Rice Pilaf	Mexi-Beans	Whole Kernel Corn	Brown Rice	Baked Beans
French Fries	Spicy Roasted Edamame	Baked French Fries	Chuckwagon Corn	Green Peas
Garlic Mashed Potatoes w/ Country Gravy	Macaroni & Cheese	Rice Pilaf	Curry Potato Wedges	Baked Waffle Fries
Roasted, Diced Sweet Potatoes	Herb Roasted Red Potatoes	Baked Sweet Potatoes Wedges	Curly Fries	Roasted Yukon Gold Potatoes w/Peppers
<b>Pastas</b>				
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
<b>Soup</b>				
Country Style Vegetable Soup	Tomato Florentine Soup	Lumberjack Vegetable Soup	Tomato Raviloli Soup	Chicken Noodle Soup