



## Grilled Ham Steaks

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Grilled Ham Steaks

### Moderate Performance Food

- Higher in calories
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## Boiled Eggs

### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
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## Boiled Eggs

### Moderate Performance Food

- Higher in calories
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## Scrambled Eggs

### Moderate Performance Food

- Higher in calories
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## Scrambled Eggs

### Moderate Performance Food

- Higher in calories
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## Steamed Rice

### Moderate Performance Food

- Higher in calories
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## Steamed Rice

### Moderate Performance Food

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## Italian Breakfast Pizza

### Moderate Performance Food

- Higher in calories
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## Italian Breakfast Pizza

### Moderate Performance Food

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## Turkey Bacon

### Moderate Performance Food

- Higher in calories
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## Turkey Bacon

### Moderate Performance Food

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## Vegetable Omelet

### Moderate Performance Food

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## Vegetable Omelet

### Moderate Performance Food

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## Baked Turkey Sausage Patties

### Moderate Performance Food

- Higher in calories
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## Baked Turkey Sausage Patties

### Moderate Performance Food

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## Creamed Turkey

### Moderate Performance Food

- Higher in calories
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## Creamed Turkey

### Moderate Performance Food

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## Grilled Turkey Sausage Links

### Moderate Performance Food

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## Grilled Turkey Sausage Links

### Moderate Performance Food

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## Syrup

### Moderate Performance Food

- Higher in calories
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## Syrup

### Moderate Performance Food

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## Jam/Jelly

### Moderate Performance Food

- Higher in calories
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## Jam/Jelly

### Moderate Performance Food

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## 2% Milk

### Moderate Performance Food

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## 2% Milk

### Moderate Performance Food

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## Sports Drink

### Moderate Performance Food

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## Sports Drink

### Moderate Performance Food

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## Canned Fruit in Light Syrup

### Moderate Performance Food

- Higher in calories
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## Canned Fruit In Light Syrup

### Moderate Performance Food

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## Raisins

### Moderate Performance Food

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## Raisins

### Moderate Performance Food

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## White Bread

### Moderate Performance Food

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## White Bread

### Moderate Performance Food

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## 2% Chocolate Milk

### Moderate Performance Food

- Higher in calories
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## 2% Chocolate Milk

### Moderate Performance Food

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## Small Low Fat Muffin

### Moderate Performance Food

- Higher in calories
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## Small Low Fat Muffin

### Moderate Performance Food

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## Whole Grain French Toast

### Moderate Performance Food

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## Whole Grain French Toast

### Moderate Performance Food

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## Hash Browned Potatoes

### Moderate Performance Food

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## Hash Browned Potatoes

### Moderate Performance Food

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## Pancakes

### Moderate Performance Food

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## Pancakes

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## English Muffin Sandwich

### Moderate Performance Food

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## English Muffin Sandwich

### Moderate Performance Food

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## Plain Omelet

### Moderate Performance Food

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## Plain Omelet

### Moderate Performance Food

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## Grilled Potato Cakes

### Moderate Performance Food

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## Grilled Potato Cakes

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# Baked Chicken Sausage Patty

## Moderate Performance Food

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# Baked Chicken Sausage Patty

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## Moderate Performance Food

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## Whole Grain Waffles

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Whole Grain Waffles

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Assorted Fresh Fruit

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Assorted Fresh Fruit

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Assorted Low Fat Yogurt

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Assorted Low Fat Yogurt

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Oven Fried Canadian Bacon

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Oven Fried Canadian Bacon

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Steamed Brown Rice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Steamed Brown Rice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Whole Grain Bread

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Whole Grain Bread

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## 100% Fruit Juice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## 100% Fruit Juice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Skim Milk

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Skim Milk

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## 1% Milk

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## 1% Milk

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Peanut Butter

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense



## Peanut Butter

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense



## English Muffin

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## English Muffin

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Broccoli Quiche

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Broccoli Quiche

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Whole Grain Cereal

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Whole Grain Cereal

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Granola Bar

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Granola Bar

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Mixed Nuts

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense



## Mixed Nuts

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense



## Oatmeal

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Oatmeal

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Grits

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Grits

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Canned Fruit in Own Juice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Canned Fruit in Own Juice

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Bagel

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Bagel

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Cream of Wheat

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Cream of Wheat

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Breakfast Burrito w/ Turkey Sausage

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Breakfast Burrito w/ Turkey Sausage

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Cholesterol-Free Scrambled Eggs

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Cholesterol-Free Scrambled Eggs

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Mexican Breakfast Pizza

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Mexican Breakfast Pizza

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Vegetable Breakfast Pita

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



## Vegetable Breakfast Pita

### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient Dense
- Go for *Green*: Choose frequently



### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
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### High Performance Food

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## Creamed Beef

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Creamed Beef

### Low Performance Food

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## Buttermilk Biscuits

### Low Performance Food

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## Buttermilk Biscuits

### Low Performance Food

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## Oven Fried Bacon

### Low Performance Food

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- Warning: Limit intake



## Oven Fried Bacon

### Low Performance Food

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## Sausage Gravy

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Sausage Gravy

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Chipped Beef

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Chipped Beef

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
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- Warning: Limit intake



## Baked Sausage Patty

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Baked Sausage Patty

### Low Performance Food

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## Cottage Fried Potatoes

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Cottage Fried Potatoes

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
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- Warning: Limit intake



## Beef & Country Gravy

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Beef & Country Gravy

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
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## Canned Fruit in Heavy Syrup

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Canned Fruit in Heavy Syrup

### Low Performance Food

- Highest in calories
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## Sugary Cereal

### Low Performance Food

- Highest in calories
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## Sugary Cereal

### Low Performance Food

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## Butter

### Low Performance Food

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- Warning: Limit intake



## Butter

### Low Performance Food

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## Croissant

### Low Performance Food

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## Croissant

### Low Performance Food

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## Egg, Sausage & Cheese Sandwich

### Low Performance Food

- Highest in calories
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- Warning: Limit intake



## Egg, Sausage & Cheese Sandwich

### Low Performance Food

- Highest in calories
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- Warning: Limit intake



## Egg, Bacon & Cheese Sandwich

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



## Egg, Bacon & Cheese Sandwich

### Low Performance Food

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### Low Performance Food

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### Low Performance Food

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### **Low Performance Food**

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