

## **Grilled Ham Steaks**



# **Grilled Ham Steaks**

### **Moderate Performance Food**

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

### **Moderate Performance Food**

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



# **Boiled Eggs**



# **Boiled Eggs**

### **Moderate Performance Food**

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

### **Moderate Performance Food**

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



# **Scrambled Eggs**



# **Scrambled Eggs**

### **Moderate Performance Food**

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

### **Moderate Performance Food**

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



### **Steamed Rice**



### **Steamed Rice**

### **Moderate Performance Food**

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

### **Moderate Performance Food**

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



# Italian Breakfast Pizza

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# Italian Breakfast Pizza

### **Moderate Performance Food**

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

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



# **Turkey Bacon**



# **Turkey Bacon**

#### **Moderate Performance Food**

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

### **Moderate Performance Food**

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



# **Vegetable Omelet**



# **Vegetable Omelet**

### **Moderate Performance Food**

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

### **Moderate Performance Food**

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



# Baked Turkey Sausage Patties



# Baked Turkey Sausage Patties

### **Moderate Performance Food**

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

### **Moderate Performance Food**

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



# **Creamed Turkey**



# **Creamed Turkey**

### **Moderate Performance Food**

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

### **Moderate Performance Food**

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



# Grilled Turkey Sausage Links

# Moderate Performance Food

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



# Grilled Turkey Sausage Links

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



# **Syrup**

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# **Syrup**

### **Moderate Performance Food**

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

### Moderate Performance Food

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



# Jam/Jelly



# Jam/Jelly

### **Moderate Performance Food**

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

### **Moderate Performance Food**

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



## 2% Milk



### 2% Milk

### **Moderate Performance Food**

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

### **Moderate Performance Food**

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



# **Sports Drink**



# **Sports Drink**

### **Moderate Performance Food**

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

### **Moderate Performance Food**

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



# Canned Fruit in Light Syrup

# **Moderate Performance Food**

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



# Canned Fruit In Light Syrup

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



## **Raisins**

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# **Raisins**

### **Moderate Performance Food**

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

### **Moderate Performance Food**

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



## **White Bread**



### White Bread

### **Moderate Performance Food**

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

### **Moderate Performance Food**

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



## 2% Chocolate Milk



### 2% Chocolate Milk

### **Moderate Performance Food**

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

### **Moderate Performance Food**

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



# Small Low Fat Muffin

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# Small Low Fat Muffin

### **Moderate Performance Food**

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

### **Moderate Performance Food**

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



# Whole Grain French Toast

# Moderate Performance Food

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



# Whole Grain French Toast

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



# Hash Browned Potatoes



# Hash Browned Potatoes

### **Moderate Performance Food**

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

### **Moderate Performance Food**

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



## **Pancakes**



## **Pancakes**

### **Moderate Performance Food**

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

### **Moderate Performance Food**

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



# **English Muffin Sandwich**



# English Muffin Sandwich

### **Moderate Performance Food**

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

### **Moderate Performance Food**

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



## **Plain Omelet**



### **Plain Omelet**

### **Moderate Performance Food**

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

### **Moderate Performance Food**

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



## **Grilled Potato Cakes**



### Grilled Potato Cakes

### **Moderate Performance Food**

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

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



# **Baked Chicken Sausage Patty**

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# **Baked Chicken Sausage Patty**

### **Moderate Performance Food**

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

### **Moderate Performance Food**

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





#### **Moderate Performance Food**

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

#### **Moderate Performance Food**

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





### **Moderate Performance Food**

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

### **Moderate Performance Food**

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





### **Moderate Performance Food**

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

### **Moderate Performance Food**

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





### **Moderate Performance Food**

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

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



# Whole Grain **Waffles**

# Whole Grain **Waffles**

### **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
    - Nutrient Dense
  - · Go for Green: Choose frequently



# **Assorted Fresh** Fruit



# **Assorted Fresh** Fruit

### **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
    - 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

# **Oven Fried** Canadian Bacon

### **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
    - Nutrient Dense
  - · Go for Green: Choose frequently



## **Steamed Brown Rice**



### **Steamed Brown Rice**

### High Performance Food

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

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



### Whole Grain Bread



## Whole Grain Bread

### **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
    - Nutrient Dense
  - Go for Green: Choose frequently



## 100% Fruit Juice



## 100% Fruit Juice

### **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
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Skim Milk



### Skim Milk

### **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
    - Nutrient Dense
  - · Go for Green: Choose frequently



## 1% Milk



### 1% Milk

### **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
    - Nutrient Dense
  - · Go for Green: Choose frequently



# **Peanut Butter**



### **Peanut Butter**

### **High Performance Food**

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

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



# **English Muffin**

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# **English Muffin**

### **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
    - Nutrient Dense
  - Go for Green: Choose frequently



# **Broccoli Quiche**



## **Broccoli Quiche**

### **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
    - Nutrient Dense
  - Go for Green: Choose frequently



# Whole Grain Cereal



# Whole Grain Cereal

### **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
    - Nutrient Dense
  - · Go for Green: Choose frequently



### Granola Bar



### Granola Bar

### **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
    - Nutrient Dense
  - · Go for Green: Choose frequently



### **Mixed Nuts**



### **Mixed Nuts**

### **High Performance Food**

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

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



### **Oatmeal**

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## **Oatmeal**

### **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
    - Nutrient Dense
  - Go for Green: Choose frequently



## **Grits**



## **Grits**

### **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
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Canned Fruit in Own Juice

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# Canned Fruit in Own Juice

### **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
    - Nutrient Dense
  - · Go for Green: Choose frequently



# **Bagel**

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# **Bagel**

### **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
    - Nutrient Dense
  - · Go for Green: Choose frequently



### Cream of Wheat



### Cream of Wheat

### **High Performance Food**

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

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



# **Breakfast Burrito** w/ Turkey Sausage



# **Breakfast Burrito** w/ Turkey Sausage

### **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
    - Nutrient Dense
  - Go for Green: Choose frequently



# Cholesterol-Free Scrambled Eggs



# **Cholesterol-Free Scrambled Eggs**

### **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
    - Nutrient Dense
  - Go for Green: Choose frequently



# Mexican Breakfast Pizza



# Mexican Breakfast Pizza

### **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
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Vegetable Breakfast Pita

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# 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
    - Nutrient Dense
  - · Go for Green: Choose frequently



### **High Performance Food**

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



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



### **Creamed Beef**



## **Creamed Beef**

### Low Performance Food

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

### **Low Performance Food**

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



# **Buttermilk Biscuits**



## **Buttermilk Biscuits**

### Low Performance Food

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

### Low Performance Food

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



### **Oven Fried Bacon**



### **Oven Fried Bacon**

### Low Performance Food

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

### Low Performance Food

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



# **Sausage Gravy**



# Sausage Gravy

### **Low Performance Food**

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



### Low Performance Food

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



# **Chipped Beef**



# **Chipped Beef**

### **Low Performance Food**

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

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



# Baked Sausage Patty



# **Baked Sausage Patty**

### **Low Performance Food**

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

## **Low Performance Food**

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



# Cottage Fried Potatoes



# Cottage Fried Potatoes

### **Low Performance Food**

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

### **Low Performance Food**

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



# Beef & Country Gravy



# Beef & Country Gravy

### **Low Performance Food**

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

### **Low Performance Food**

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



# Canned Fruit in Heavy Syrup

# SOLDIER ATHLETE

# **Canned Fruit** in Heavy Syrup

### **Low Performance Food**

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

### **Low Performance Food**

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



# **Sugary Cereal**



# **Sugary Cereal**

### **Low Performance Food**

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

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



## **Butter**



# Butter

### **Low Performance Food**

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

### **Low Performance Food**

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



### **Croissant**



### **Croissant**

### **Low Performance Food**

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

### **Low Performance Food**

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



# Egg, Sausage & Cheese Sandwich



# Egg, Sausage & Cheese Sandwich

### **Low Performance Food**

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

### **Low Performance Food**

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



# Egg, Bacon & Cheese Sandwich



# Egg, Bacon & Cheese Sandwich

### **Low Performance Food**

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

### **Low Performance Food**

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





### Low Performance Food

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

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





### **Low Performance Food**

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

### **Low Performance Food**

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





### **Low Performance Food**

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

### Low Performance Food

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





### **Low Performance Food**

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

### **Low Performance Food**

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- Lowest in vitamins and minerals
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    - Warning: Limit intake





### **Low Performance Food**

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

#### Low Performance Food

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





### **Low Performance Food**

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

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