

Go for Green® - Army (G4G®-A) Breakfast

Standards Checklist

IAW DA Pam 30-22, para 3-76

3 October 2023

Army Breakfast Menu Standards Checklist			
#	Breakfast Requirements	Regulation	Requirement Met (Y/N)
1	Three or more fresh fruit choices per meal: whole and cut	DA Pam 30-22 DoDM 1338.10	
3	Bananas offered at breakfast (at a minimum).	DA Pam 30-22 DoDM 1338.10	
4	One cooked whole grain cereal choice without added fat or sweetener Examples: steel cut oats, sorghum, quinoa, brown rice, multigrain cereal (grits are not considered a whole grain cereal)	DA Pam 30-22 DoDM 1338.10	
5	A minimum of six ready-to-eat dry cereal choices	DA Pam 30-22 DoDM 1338.10	
6	Two 100% fruit juice choices at breakfast. Orange juice – 100 % orange juice fortified with calcium and vitamin D. another 100% juice Blended juices are acceptable but must be 100% juice. If tomato or vegetable juices are offered, they must contain less than 230mg of sodium per serving.	DA Pam 30-22 DoDM 1338.10	
7	Dried fruit offered (can be on salad bar/performance fueling station)	DA Pam 30-22 DoDM 1338.10	
#	Short Order and Mainline:	Regulation	Requirement Met (Y/N)
8	Offer eggs made to order (Omelets, poached, overeasy/medium/hard, or specialty scrambles)	DA Pam 30-22 DoDM 1338.10	
9	Offer two breakfast egg options such as scrambled eggs, hardboiled eggs, and cholesterol free eggs (egg whites) daily.	DA Pam 30-22 DoDM 1338.10	
10	Offer scrambled tofu or other plant egg substitute	DA Pam 30-22 DoDM 1338.10	
11	Offer, pancakes, French toast or waffles at breakfast or brunch that are primarily made with: Whole grain, whole wheat, oat, or whole grain blends more often than refined white flour or vegetable based with pumpkin, carrot, sweet potato, or other vegetables.	DA Pam 30-22 DoDM 1338.10	
12	Whole grains or whole grain blends to include whole grain pasta Examples: whole grain, multigrain white, brown or blends of rice, barley, quinoa, millet, amaranth, bulgur, pasta and hulled wheat such as farro, and emmer	DA Pam 30-22 DoDM 1338.10	
13	Choice of three breakfast meats, one of which must be non-pork and at least one lower in fat. Offer no more than one choice of a cured meat at breakfast Lean options of grilled or baked chicken breast, braised pork chop, grilled or baked fish, plant-based patties or crumbles (~3 oz portion) are encouraged. Creamed beef or turkey is not offered more than 3 times weekly. Creamed meat does not count as a breakfast meat. Optimally, creamed beef is not offered.	DA Pam 30-22 DoDM 1338.10	
14	One or more hot starch choice offered at breakfast daily. prepared with no added fat or sugar. Examples: potatoes, rice, beans, quinoa, grain blend, pasta	DA Pam 30-22 DoDM 1338.10	
16	Pro nutrition tip: even though a vegetable is not required at breakfast – it is a good way to add some extra nutrition to your day!	DA Pam 30-22 DoDM 1338.10	

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#	Bread and Desserts:	Regulation	Requirement Met (Y/N)
17	Four (4) bread types made available (3 or more whole grain bread types)	DA Pam 30-22 DoDM 1338.10	
18	One tortilla option (see implementation guide)	DA Pam 30-22 DoDM 1338.10	
19	100% whole wheat/grain bread with at least 2 grams of naturally occurring fiber per slice*(~1oz).	DA Pam 30-22 DoDM 1338.10	
20	1 or more of biscuits, bagels, English muffins, fruit breads, or small low-fat muffins	DA Pam 30-22 DoDM 1338.10	
21	One breakfast pastry such as a muffin, or quick bread that follows recipe If bought or pre-made, must contain ≤10 g fat per serving and ≤25 grams of sugar per serving. (made with unsaturated fats, naturally lower is sugar (not non-nutritively sweetened) Whole grain is encouraged but not required	DA Pam 30-22 DoDM 1338.10	
22	Butter pats or margarine spreads with zero grams of trans fat per serving.	DA Pam 30-22 DoDM 1338.10	
23	2 or more: nut spreads, jams or jellies (1 regular and 1 lower in sugar)	DA Pam 30-22 DoDM 1338.10	
24	Offer low-fat or reduced fat dairy choices Offer plain, vanilla, and at least one flavor of yogurt in either individual or bulk servings at all meals. Yogurt < 2% fat Offer alternative yogurts when available and based on customer demand	DA Pam 30-22 DoDM 1338.10	