

Soldier Fueling Initiative (SFI)

Breakfast Standards

3 October 2023

Soldier Fueling Initiative, Breakfast Menu Standards Checklist		
#	Fruit	Requirement Met (Y/N)
1	Three choices of fresh fruit plus bananas offered daily. Note: three choices DOES NOT mean three different types/varieties of one type of fruit (e.g., Apple = Gala, Red Delicious, Granny Smith). Three different choices of fruit means three different fruit classifications (e.g., berries, melons, citrus)	
2	Offer precut (cut-up pieces or sectioned) fruit, especially oranges	
3	Offer at least one fruit high in Vitamin C (e.g., citrus fruits, kiwi, guava, papaya, cantaloupe, and strawberries)	
4	Contingency Option: Frozen or canned fruit should be considered contingency choices only when fresh fruits are not available	
#	Cereal	Requirement Met (Y/N)
5	One choice whole grain cooked cereal (steel cut oats, whole grain cream of rice (rice pudding), quinoa etc.) without added sugars or fats. Preferably fortified with folate and iron.	
6	A minimum of six ready-to-eat cereal choices will be provided. Serving sizes should provide between 125-225 calories per serving.	
7	All cereals will have less than 12 grams of <i>added</i> sugar	
8	Two cereals must contain greater than 20 grams of whole grains per serving, with at least 4 grams of fiber per serving.	
9	At least two cereals must be 100% folate fortified (400mcg) and at least two must be 50% iron fortified (9mg).	
#	Eggs	Requirement Met (Y/N)
10	All eggs will be fresh or pasteurized liquid product. No pre-made eggs of any type shall be used. Egg Enriched with Omega-3 Fatty Acids are allowed.	
11	Offer scrambled eggs, hardboiled eggs, and cholesterol free eggs daily.	
12	Scrambled tofu, or approved plant based egg substitute offered as an egg alternative	
13	Vegetable ingredients/fixings (such as peppers, onions, tomatoes, mushrooms, spinach) for eggs must be available	
14	Eggs to order** may include omelets with ingredients/fixings such as peppers, onions, tomatoes, mushrooms, spinach, etc., as well as traditional ingredients such as cheese, lean meats, etc..	
15	** <b>BCT</b> -Eggs to order including omelets are offered <u>only</u> on Sundays and Holidays.	
16	** <b>AIT</b> -Eggs to order, including omelets, will be offered on weekends and Holidays	

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#	Grilled Specialty Breads	Requirement Met (Y/N)
17	<b>Pancakes, French Toast, Waffles</b>	
18	<b>Grilled Specialty Breads**</b> : Offer one made in-house grilled specialty item such as griddlecakes/pancakes, French toast, or waffles with syrup on the side.	
19	When griddle cakes/pancakes, French toast, or waffles are on the menu, either scratch-made or RTU products, they must be whole grain, whole grain blends, or vegetable based (pumpkin, carrot, sweet potato, etc.)	
20	<b>** BCT/OSUT and AIT-Grilled Specialty breads offered on weekends only. Made-in house unless extenuating circumstances prevent and require the use of pre-made products. Every effort should be made to produce in-house</b>	
#	Breakfast Meats	Requirement Met (Y/N)
21	In addition to eggs at breakfast or brunch, <b>offer a minimum of two other proteins:</b>	
22	Lean options of grilled or baked chicken breast, braised pork chop, grilled or baked salmon, lean hamburger patty, plant-based patties or crumbles.	
23	Offer one lower fat option with a maximum of 1 gram of saturated fat and no more than 4.1 grams of total fat and per ounce.	
24	2-3 ounces portion sizes or about half of the portion that would be served for lunch or dinner.	
25	Offer no more than one choice of a cured meat per breakfast meal.	
26	one choice must be a non-pork option	
27	If bacon is offered sodium must be ≤ 290 milligrams per 1 oz. serving	
28	<b>No creamed beef will be offered</b>	
#	Potato/Starch/Grain	Requirement Met (Y/N)
29	Offer at least one starch or grain, such as potato, rice, beans, whole grain or whole grain blend. Breakfast potatoes shall be made from fresh or frozen potatoes. If frozen potatoes are used as an ingredient, they should not be par fried or have any added fat as an ingredient during preparation for service.	

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#	Bread	Requirement Met (Y/N)
30	2 Sliced options plus tortilla, bagel or English muffin	
31	Bread: two types of sliced bread will be available All sliced bread must be whole grain/whole wheat type white whole wheat ,with at least 2 grams of fiber per slice. Slice weight is 1 oz	
32	In addition to two options of sliced bread, one of the following will be available: tortillas, bagels, or English muffins. Items must be whole grain. Choices must contain a minimum of 25 grams of whole grain (the word “whole” appears in name of one of the first two ingredients) which will provide at least 4 grams of fiber per 2-slice serving; a 2 oz. (56 g) or larger portion will be considered as equivalent	
33	Minimally one bread offered is fortified with at least 15% DV for calcium (150 mg), 6% DV for folate (16 mcg), and 4% DV for iron (0.72 mg)	
34	Biscuits may be offered on Saturdays and Sundays and up to three times during the week as an additional item.	
35	OPTIONAL: fruit breads, or small muffins (1.5 to 3 ounces, less than 30% of calories from fat, less than 10% of calories from sugar, and at least 1g of fiber).	
#	Pastries	Requirement Met (Y/N)
36	<b>Pastries such as donuts, sweet rolls, Danishes, etc., NOT OFFERED in SFI.</b>	
#	Yogurt	Requirement Met (Y/N)
37	At a minimum offer: one plain, one vanilla, and at least one flavor of yogurt. Yogurt may be bulk or individual containers. Offer only: 0-2 % fat or fat free yogurt	
38	One yogurt <b>must</b> be a Greek yogurt - encouraged to offer more than one Greek yogurt	
39	Fat per serving: ≤ 3 g fat	
40	Sugar: ≤ 25 g sugar in a 6 oz. serving of traditional yogurt and ≤ 16 g sugar in 6 oz. serving of Greek yogurt	
41	Choose yogurts that are low in added sugars or have no added sugars. (Recommendation: Less than 10% of total calories from sugar)	
42	Unless otherwise specified serving size is 5.3 – 6 oz.	
43	AFTER the basic requirements are met, offer alternative milk yogurts and artificially sweetened yogurts (must meet same standards as cow’s milk yogurt) when available.	

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#	Condiments	Requirement Met (Y/N)
44	At the minimum these condiments/toppings listed below should be provided. Other condiments may be offered to complement menu items e.g. as steak sauce or tartar sauce etc.	
45	Butter and Trans-fat free (zero grams trans-fat per serving) spread	
46	Oil: olive (extra virgin olive oil), and canola	
47	Vinegars (apple cider, balsamic, red, or sherry—NOT white cooking vinegar) and lemon juice for salads.	
48	Sugar, brown sugar, honey, and artificial sweetener	
49	Syrup (regular and sugar-free)	
50	Salt, pepper, and sodium-free seasonings with no monosodium glutamate (MSG).	
51	Individual packets if used will be placed on the dining table or on the serving line readily available for diner use	
52	Ketchup, hot sauce, mayonnaise, light mayonnaise, mustard, relish	
53	Jams or Jelly and fruit spread: offer two. Include low-sugar option	
54	Two or more spreads (e.g. low-fat cream cheeses, avocado spread, smoked salmon spread) (Sample List with requirements to be provided)	
55	Peanut butter, and one other nut or seed butter.	
56	Salsa	
57	Trail mix: add to salad bar/Performance Fueling Station for topping hot cereals and yogurt, etc.	
58	Sauces and gravies: as appropriate, offer sauces and gravies to accompany entrees	

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#	Beverages	Requirement Met (Y/N)
59	Beverages (Hydration Stations – ALL Meals):	
60	MILK Dairy Pasteurized Milk, Lactose free milk and/or soy (or other non-dairy milk option) Non-dairy 'milk' must be fortified	
61	Milk must be fortified with minimum 15 percent of MDRI for Vitamins A and D and 25 percent of MDRI of calcium in an 8 ounce liquid serving.	
62	skim or nonfat white and chocolate milk, 1% white milk, and low fat chocolate milk must be offered (2% milk can be offered in addition to required milks)	
63	Flavored milks may be offered (e.g. strawberry) provided they meet the same standards required of milk, and the required milks are offered.	
64	JUICE Two 100% Juice Options or 100% Juice Blends	
65	Orange Juice fortified with Calcium (minimum of 300 milligrams of calcium per 8 oz. serving) and Vitamin D (minimum of 100 International Units (IU) of vitamin D per 8 oz. serving)	
66	Another juice high in Vitamin C	
67	Tea - Unsweetened iced tea and hot tea	
68	Coffee (regular and decaf), iced coffee may be offered	
69	Hot chocolate	
70	Vegetable juice or tomato juice, preferably low sodium [vegetable juices mixed with fruit juice are not acceptable]	
71	WATER: Offer water in readily available dispensers at every meal	
72	Offer naturally infused water with fresh fruit, fresh vegetables or fresh herbs	
73	Carbohydrate electrolyte beverage - must meet requirements in AR 40-25	
74	Per 8 oz. Sodium between 82- 163 mg. Potassium between 18-46 mg Carbohydrate 12-24 g (5-10%)	
75	(Optional) No-sugar beverage base (dispenser and/or BIB)	
76	(Optional) Diet tea/ Flavored diet tea (dispenser and/or BIB)	

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77	<b><u>DO NOT OFFER:</u></b>	
78	<b>Sodas (regular or diet)</b>	
79	<b>Energy drinks, energy shots, or energy gels.</b>	
80	<b>Beverages that contain more than 100 mg of caffeine per 8-ounce serving.</b>	
81	<b>Beverages that have been fortified with amino acids, herbals or botanicals.</b>	
82	<b>Beverages with labels that include the terms “proprietary ingredients, blends, or energy blends.”</b>	
83	<b>Juice drinks or juice cocktails</b>	
<b>#</b>	<b>GENERAL GUIDANCE</b>	<b>Requirement Met (Y/N)</b>
84	Select whole food components with minimal processing.	
85	<b>Avoid products whose label includes the terms: proprietary ingredients, blends, or energy blends</b>	
86	These items are <b>not to</b> be provided in dining facilities, and may contain harmful and/or illegal substances.	
87	Fats and oils :	
88	Limit use of saturated fats that are solid at room temperature.	
89	Do not use ingredients that contain partially hydrogenated oils and trans fats. Review labels for ingredients that are required to be identified by federal labeling laws to list total fat, saturated fat and trans fats.	
90	Use the minimum amount needed.	
91	Use the appropriate oil, e.g. canola, corn, olive, safflower, and blends of these and other vegetable oils.	
92	Use canola oil for delivery of beneficial omega-3 fatty acids.	
93	For food preparation use:	
94	Iodized salt.	
95	<b>Box Meals (made in the dining facility), when served on the menu:</b>	
96	One whole grain sandwich with fruit and vegetable sides (without added mayonnaise) in each box meal.	
97	Offer a vegetarian option in a box meal based on customer demand.	
98	<b>Field Meals will be determined prior to required full implementation of menu</b>	