

# **Meal Kit Standards for Shelf Stable and Fresh Effective May 2020**

## Table of Contents

<b>Basic Nutrition Guidelines for Each Shelf stable Meal Kit</b> .....	3
Complete Frozen Lunch Meal Kit, Complete Heated Lunch Meal Kit, Shelf Stable Lunch Meal Kit ....	4
Complete Frozen Breakfast Meal Kit .....	5
Complete Heated Breakfast Kit .....	6
Shelf Stable Breakfast Meal Kit .....	7
Shelf Stable Brunch Meal Kits .....	8
<b>Basic Nutrition Guidelines for Fresh Meal Kit</b> .....	9
Complete Fresh Lunch Meal Kit.....	10
Frozen Lunch Meal Kit for Ages 17 and Younger (i.e. JROTC, Boy Scouts).....	11
<i>Sources:</i> .....	12
<b>Approved Meal Kit list</b> .....	12

## **Basic Nutrition Guidelines for Each Shelf Stable Meal Kit**

**Total Calories:** See specific calorie requirements below for each meal kit type

**Total Fat:** No More than 25-30% of total calories

**Saturated Fat:** Less than 10% of total calories

**Trans Fat:** Zero grams

**Cholesterol:** Less than 100 mg

**Carbohydrates:** 50-55% of total calories

**Protein:** 10-15% of calories

**\*\*Sodium\*\*:** Less than 1350mg

**Products containing monosodium glutamate (MSG) as an ingredient must be avoided and will not be accepted.**

**Fiber:** Minimum 14 grams per 1000 calories

**Drinks:** 100% Fruit Juice; 100% Fruit Juice Blends with both 100% Daily Value (DV) for vitamin C; Skim / 1% Milk fortified with and Calcium and Vitamin D.

**Not approved** for use in military meal kits: Water, enhanced water (i.e. vitamin types), sports drinks (i.e. electrolyte based), energy drinks, and non-nutritive drinks (i.e. artificially sweetened).

Kits must have a Nutrition Label in accordance with Nutrition Labeling and Education Act that displays **total** nutrient amounts **for the entire meal**. Additionally, each food and drink item in the meal kit must have a nutrition label.

Meal kits must have a **one-year shelf life**

**\*\*See Table of Contents for specific nutrition requirements for each meal kit type**

**Complete Frozen Lunch Meal Kit, Complete Heated Lunch Meal Kit, Shelf Stable Lunch Meal Kit**

- **Entrée** - shall have a minimum of **2.5 oz to 3 oz of protein**.
- **Bread type**- preferably whole grain--bun, tortilla, wrap, sticks, or sliced
- **Snacks** –chips, combos, pretzels, crackers, nuts/seeds/trail mix (minimum 1.5 oz, maximum 2 oz)
- **Fruit Product** – fruit cup 100 % fruit Juice or light Syrup (4 oz cup minimum), dried fruit (1/4 cup minimum) , fruit snacks (made with real fruit, good source of vitamin C) or fruit (good source of vitamin C)
- **Dessert** – cookie, candy bar, candy pieces (2 oz maximum) or pudding
- **Drink** - 8 oz minimum.
- **Condiments** –Two .5 oz or one 1 oz packet of mayonnaise, or sauces as applicable to meal

<b>Category</b>	<b>Current Standards</b>
Calories	1250-1350 maximum
Maximum Calories from fat	313 calories for 1250 calorie meal, 405 calories for 1350 calorie meal
Maximum Total fat (g)	35g for 1000 calorie meal, 45g for 1350 calorie meal
Saturated fat (g)	15 g maximum
Trans fat (g)	0g
Cholesterol (mg)	100mg maximum
Maximum sodium(mg)	1350mg
Total carbohydrates(g)	125g minimum 186 g maximum
Dietary Fiber (g)	14g per 1000 calories
<b>Protein(g)</b>	<b>31 g minimum - 51g maximum</b>

## Complete Frozen Breakfast Meal Kit

- **Entrée** – Breakfast entrée or sandwich (i.e. ham and cheese/egg, and cheese croissant or English muffin, **protein shall be 2 to 3 oz minimum**).
- **Cereal** - Large cereal bowl pack
- **Milk** - 8oz Skim or 1% UHT milk
- **Fruit Product** – Fruit cup 100% fruit juice or light Syrup ( 4 oz cup minimum), dried fruit ( ¼ cup minimum), fruit snacks (made with real fruit, good source of vitamin C) or fruit (good source of vitamin C).
- **Breakfast Bar** – must provide at least 2.5g of fiber per serving
- **Juice** - 6 oz minimum. 100% fruit juice or 100% fruit juice blend both with 100% DV vitamin C.

Category	Current Standards
Calories	1250-1350 maximum
Maximum Calories from fat	313 calories for 1250 calorie meal, 405 calories from 1350 calorie meal
Maximum Total fat (g)	28g for 1000 calorie meal, 45g for 1350 calorie meal
Saturated fat (g)	15 g maximum
Trans fat (g)	0g
Cholesterol (mg)	100mg maximum
Maximum sodium(mg)	1350mg maximum
Total carbohydrates(g)	125g minimum 186g max
Dietary Fiber (g)	14g per 1000cal
<b>Protein(g)</b>	<b>31g-51g max</b>

### Complete Heated Breakfast Kit

- **Entrée** - Breakfast entrée or sandwich (i.e. ham and cheese/egg, and cheese croissant or English muffin **protein shall be 2 to 3 oz minimum**).
- **Fruit Product** – Fruit cup 100% fruit Juice or light Syrup ( 4 oz cup minimum), dried fruit ( ¼ cup minimum), fruit snacks (made with real fruit, good source of vitamin C) or fruit (good source of vitamin C)
- **Snack**- nuts, seeds, or trail mix (minimum 1.5 oz, maximum 2 oz)
- **Juice** – 5.5 oz minimum. 100% fruit juice or 100% fruit juice blend with 100% DV vitamin C
- **Condiments** – as applicable to meal component

Category	Current Standards
Calories	1250-1350 maximum
Maximum Calories from fat	313cal for 1250cal meal, 405cal 1350meal
Maximum Total fat (g)	33g for 1250cal meal, 45g for 1350cal meal
Saturated fat (g)	15g max
Trans fat (g)	0g
Cholesterol (mg)	100mg maximum
Maximum sodium(mg)	1350mg max
Total carbohydrates(g)	125g minimum 186g max
Dietary Fiber (g)	14g per 1000cal
<b>Protein(g)</b>	<b>31g – 51g max</b>

### Shelf Stable Breakfast Meal Kit

- **Cereal** - Large cereal bowl pack
- **Milk** - 8oz Skim or 1% UHT milk
- **Fruit Product** – Fruit cup 100% fruit Juice or light Syrup (4 oz cup minimum), dried fruit (¼ cup minimum), fruit snacks (made with real fruit, good source of vitamin C) or fruit (good source of vitamin C)
- **Breakfast Bar** -must provide at least 2.5g of fiber per serving
- **Juice** - 8 oz 100% fruit juice or 100% fruit juice blend with 100% DV vitamin C
- **Pastry type** - toaster pastry, muffin, Danish, or doughnut

Category	Current Standards
Calories	1000-1300 maximum
Maximum Calories from fat	250 calories for 1000 calorie meal, 390 calories for 1300 calorie meal
Maximum Total fat (g)	28g for 1000 calorie meal, 43g for 1300 calorie meal
Saturated fat (g)	14g max
Trans fat (g)	0g
Cholesterol (mg)	100mg maximum
Maximum sodium(mg)	1300mg maximum
Total carbohydrates(g)	125g minimum 179g maximum
Dietary Fiber (g)	14g per 1000 calorie
<b>Protein(g)</b>	<b>25g – 49g Maximum</b>

### Shelf Stable Brunch Meal Kits

- **Cereal** - Large Cereal Bowl Pack
- **Milk** - 8oz Skim or 1% UHT milk
- **Fruit Product** – Fruit cup 100% fruit Juice or light Syrup (4 oz cup minimum) or dried fruit ( ¼ cup minimum), fruit snacks (made with real fruit, good source of vitamin C) or fruit (good source of vitamin C)
- **Breakfast Bar** – must provide at **least 2.5g of fiber per serving and fewer than 10grams of sugar per serving.**
- **Juice** - 8 oz 100% fruit juice or 100% fruit juice blend both with 100% DV vitamin C
- **Condiments** –1 oz Peanut butter and 1 oz ounce jelly

Category	Current Standards
Calories	1000 – 1300 maximum
Maximum Calories from fat	250 calories for 1000 calorie meal, 390 calories for 1300 calorie meal
Maximum Total fat (g)	28g for 1000 calorie meal, 43g for 1300 calorie meal
Saturated fat (g)	15g maximum
Trans fat (g)	0g
Cholesterol (mg)	30mg maximum
Maximum sodium(mg)	1300mg maximum
Total carbohydrates(g)	125g minimum 186g maximum
Dietary Fiber (g)	14g per 1000 calories
<b>Protein(g)</b>	<b>25g – 49g Maximum</b>



## **Basic Nutrition Guidelines for Fresh Meal Kit**

**Total Calories:** See specific calorie requirements below for each meal kit type

**Total Fat:** 25-30% of total calories

**Saturated Fat:** Less than 10% of total calories

**Trans Fat:** Zero grams

**Cholesterol:** Less than 100 mg

**Carbohydrates:** 50-55% of total calories

**Protein:** 10-15% of calories

**\*\*Sodium\*\*:** Less than 1250mg

**Products containing monosodium glutamate (MSG) as an ingredient must be avoided and will not be accepted.**

**Fiber:** Minimum 14 grams per 1000 calories

**Drinks:** 100% Fruit Juice, 100% Fruit Juice Blends with 100% Daily Value (DV) for vitamin C or Juice Drinks both with at least 20% real fruit juice and at least 50% of DV for vitamin C or 1% Milk

**Not approved** for use in military meal kits water, enhanced water (i.e. vitamin types), sports drinks (i.e. electrolyte based), energy drinks, and non-nutritive drinks (i.e. artificially sweetened).

Kits must have a Nutrition Label in accordance with Nutrition Labeling and Education Act that displays **total** nutrient amounts **for the entire meal**. Additionally, each food and drink item in the meal kit must have a nutrition label.

Meal kits must have a **3-4-day shelf life upon receipt at the restaurant.**

**\*\*See Table of Contents for specific nutrition requirements for each meal kit type**

## Complete Fresh Lunch Meal Kit

- **Entrée** – Shall have a minimum of **2.5 to 3 oz of protein.**
- **Bread type**- preferably whole grain--bun, tortilla, wrap, sticks, or sliced
- **Snacks** – chips preferably baked, combos, pretzels, crackers, nuts/seeds/trail mix (minimum 1.5 oz, maximum 2 oz)
- **Fruit Product** – Fresh fruit, fruit cup 100% fruit Juice or light Syrup ( 4 oz cup minimum), dried fruit (1/4 cup minimum)
- **Dessert** – cookie, candy bar, candy pieces (2 oz maximum) or low fat pudding
- **Salads**- 50% is dark green leafy vegetables such as romaine or spinach.
- **Drink** - 8 oz minimum.
- **Condiments** –Two .5 oz or one 1 oz packet of mayonnaise, low fat dressings or sauces as applicable to meal.

Category	Current Standards
Calories*	1250-1350 maximum
Maximum Calories from fat	313 calories for 1250 calorie meal, 405 calories from 1350 calorie meal
Maximum Total fat (g)	35g for 1250 calorie meal, 45g for 1350 calorie meal
Saturated fat (g)	15g maximum
Trans fat (g)	0g
Cholesterol (mg)	100mg maximum
Maximum sodium(mg)	1250mg
Total carbohydrates(g)	100g minimum 165g max
Dietary Fiber (g)	14g per 1000 calories
<b>Protein(g)*</b>	<b>31g – 51g Maximum</b>

### Frozen Lunch Meal Kit for Ages 17 and Younger (i.e. JROTC, Boy Scouts)

- **Entree** - shall have a minimum of **3 ounces of protein**.
- **Bread Type**- At least 25% whole grain--bun, tortilla, wrap, or sliced.
- **Snacks** –chips, combos, pretzels, crackers, nuts/seeds/ trail mix (minimum 1.5 oz, maximum 2oz)
- **Fruit Product** – fruit cup 100% juice or light syrup ( 4 oz cup minimum), dried fruit (1/4 cup minimum) , fruit snacks (made with real fruit, good source of vitamin C) or fruit (good source of vitamin C)
- **Dessert** – cookie, candy bar, candy pieces (2 oz maximum) or pudding
- **Drink** - 8 oz minimum.
- **Condiments** –Two .5 oz or one 1 oz packet of mayonnaise, or sauces as applicable to meal.

Category	Current Standards
Calories	775-1000 kcal
Maximum Calories from fat	275cal for 775cal meal, 350cal for 1000cal meal
Maximum Total fat (g)	30g maximum 775 calorie meal, 39g maximum for 1000 calorie meal
Saturated fat (g)	11g maximum
Trans fat (g)	0g
Cholesterol (mg)	100mg maximum
Maximum sodium(mg)	1000mg maximum
Total carbohydrates(g)	97g minimum 140g maximum
Dietary Fiber (g)	14g per 1000 calories
<b>Protein(g)</b>	<b>Minimum 20g – 30g maximum</b>

*Sources:*

Meal Kit Standards: Basic Nutrition Guidelines for Fresh Meal kit, Dietary Reference Intakes (DRIs): recommended Dietary Allowances and adequate intakes for Elements and Vitamins, Army Regulation 40-25: Appendix B – Military Diet and Nutritional Standards (B-1 and B-2), Food and Nutrition Magazine of Academy of Nutrition and Dietetics: The Dietary Reference Intakes for Sodium and Potassium Report by Diane Welland MS RD.

**Effective one year from 1<sup>st</sup> June 2020 current meal kits listed below will be discontinued unless reevaluated and approved.**

**The following is a listing on meal kits that the Army will order. Only these NSNs can be used for MPA funding. All other NSNs if available, require BAS or cash collection.  
Effective May 2020**

**MEAL KITS**

**Breakfast Meal Kits (Shelf Stable)**

Potato & Sausage Breakfast Skillet Meal Kit (Homestyle Potatoes with Sausage, Bell Peppers & Onions) Steel Cut Oatmeal Meal Kit (3 each of 4 varieties of oatmeal: Plain, Apple Cinnamon, Maple Brown Sugar and Blueberry & Cream)	8970-01-E62-4641	Heater meals/ Go Meals	SKU 72970
Steel Cut Oatmeal Meal Kit (3 each of 4 varieties of oatmeal: Plain,	8970-01-E62-2224	Heater Meals/ Go Meals	SKU 72960

Apple Cinnamon, Maple Brown Sugar and Blueberry & Cream)			
Meal Kit, Breakfast, Variety, Cereal w/Milk, 18 count	8940-01-E62-3178	G. A. Food Services Vendor Code # 0058	SKU # M039
Meal Kit Breakfast, Cereal w/etc., 18 count	8970-01-E62-4716	Red Cloud Foodservice, Inc.	RC475
Breakfast Sandwich MEAL KIT W/DRINK, VARIETY, GO MEAL B, SS,3 each French Toast Cinnamon, Blue Berry Panini, Apple Panini	8940-01-E62-5746	Heater Meals/Go Meals	MFG SKU # 78

### Lunch Meal Kits (Shelf Stable)

Meal Kit W/Drink, Mixed, SS, 3 ea Ckn, Buf Ckn, BBQ Ckn, Hummus sld	8940-01-E62-4251	FED BIZ Vendor Code # 0552	MFG SKU # JMKLDVP1
Meal Kit W/Drink, Mixed, SS, 3 ea Spicy Ckn, Ckn, Hummus	8940-01-E62-4252	FED BIZ Vendor Code # 0552	MFG SKU # JMKLDVP2
Meal Kit W/Drink, Mixed, SS, 3 ea Ravioli, Ckn Rice, Spaghetti, Mac&Cheese (Heated)	8940-01-E62-4253	FED BIZ Vendor Code # 0552	MFG SKU # JMKLDVP3
Meal Kit W Drink, 6 each Tuna/Ckn/BBQ Beef, 18 count	8970-01-E62-3325	G. A. Food Services Vendor Code # 0058	SKU # M0140
Meal Kit W Drink, 6 each, PBJ/SW Ckn/Hummus, 18 count	8970-01-E62-4597	G. A. Food Services Vendor Code # 0058	SKU # 19-22-28
Meal Kit w/Drink, Mixed, SS, (3) Beef & potato, (3)	8970-01-E61-8403	Heater Meals/Go Meals	71114

Cheese Lasagna, (3) Southwest Chicken & (3) Green Pepper Steak with Rice			
Meal Kit w/Drink, Mixed, SS, (3) Zesty BBQ Sauce, Diced Potatoes & Beef (3) Vegetarian Pasta Faggioli, (3) Homestyle Chicken & Noodles in Gravy & (3) Chicken Pasta Italiana	8970-01-E62-4209	Heater Meals/ Go Meals	71115
Meal Kit W Drink, Mixed, 6 each, Ckn, PB&J, Tuna, 18 count	8970-01-E62-4717	Red Cloud Foodservice, Inc.	RC483
Meal Kit W Drink, Mixed, 6 each, Ckn BBQ, Buff Ckn, Hummus, 18 count	8970-01-E62-4718	Red Cloud Foodservice, Inc.	RC484
Meal Kit W/Drink, Mixed, SS, (4) SW Pork, (4) Beef BBQ, (4) Ckn BBQ, (4) Southwest Ckn	8970-01-E62-1439	Valley Foods Vendor Code # 0362	SKU # HVPSS63
Meal Kit W/Drink, Mixed, SS, (4) SW Pork, (4) Beef BBQ, (4) Tuna Albacore, (4) SW Chicken	8970-01-E62-0781	Valley Foods Vendor Code # 0362	SKU # HVPSS61
SWICH MEAL KIT W/DRINK, VARIETY, GO MEAL A, SS,3 each, honey BBQ Chicken, Bacon Cheddar Bread, Sweet and sour Soy, Pepperoni 12/21.6 oz pg	8940-01-E62-5754	GO MEAL	MFG SKU # 78200
SWICH MEAL KIT W/DRINK, VARIETY, GO MEAL C, SS, 3	8940-01-E62-5755	Go Meals	MFG SKU # 78100

each, Honey BBQ Beef, Sweet/Sour Chicken, Sweet/Sour Soy, Italian, 12/21.6 oz pg			
--	--	--	--

**Reception Station Meal Kit**

SNACK KIT W/DRINK, SS, juice, granola bar, fruit cup, sunflower seeds	8940-01-E62-2521	G.A. Food Services/Sun Meadow Vendor Code # 0058	12/14 Oz.. Co Per Case SKU# MO01
SNACK KIT W/DRINK, SS, juice, Kashi bar, fruit cup, Peanuts	8940-01-E62-4598	G.A. Food Services/Sun Meadow Vendor Code # 0058	12/14 Oz.. Co Per Case SKU# MO02