

ALL MEALS - BEVERAGES		NOTES
<b>Beverages</b>	<b>Beverages (Hydration Stations – ALL Meals):</b>	
	<b>a. MILK Pasteurized Milk must be fortified.</b>	
	Milk must be fortified with minimum 15 percent of DV for Vitamins A and 10% RDI for Vit D with 25% of calcium in an 8 ounce liquid serving.	
	i. 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)	
	<b>ii. Lactose free milk and/or soy milk (or other non-dairy milk option) Non-dairy 'milk' must be fortified equivalent to dairy milk.</b>	
	iii. Flavored milks may be offered (e.g. strawberry) provided they meet the same standards required of milk, and the required milks are offered.	
	<b>b. JUICE Two 100% Juice Options or 100% Juice Blends</b>	
	<b>i. 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)</b>	
	<b>ii. Another juice high in Vitamin C</b>	
	c. <b>Tea</b> - Unsweetened iced tea and hot tea	
	d. <b>Coffee</b> (regular and decaf) iced coffee can also be offered. No more than 100mg of caffeine per 8 oz undiluted.	
	e. <b>Hot chocolate</b>	
	<b>f. Vegetable juice or tomato juice, preferably low sodium [vegetable juices mixed with fruit juice are not acceptable]</b>	
	<b>g. WATER: Offer water in readily available dispensers at every meal</b>	
	<b>h. Offer naturally infused water with fresh fruit, fresh vegetables or fresh herbs</b>	
	<b>i. Carbohydrate electrolyte beverage - must meet requirements in AR 40-25</b>	
	Per 8 oz. Sodium between 82- 163 mg. Potassium between 18-46 mg Carbohydrate 12-24 g (5-10%)	
	j. (Optional) No-sugar beverage base (dispenser and/or BIB)	
	0	
	<b>DO NOT OFFER:</b>	
<b>Sodas (regular or diet)</b>		
<b>Energy drinks, energy shots, or energy gels.</b>		
<b>Beverages that contain more than 100 mg of caffeine per 8-ounce serving.</b>		
<b>Beverages that have been fortified with amino acids, herbals or botanicals.</b>		
<b>Beverages with labels that include the terms “proprietary ingredients, blends, or energy blends.”</b>		
<b>- Products containing non-nutritive ingredients that are not an essential nutrient or ingredients other than a preservative that have not been evaluated and approved by the DoD Nutrition Committee.</b>		
<b>Juice drinks or juice cocktails</b>		

One juice must be the fortified OJ  
Juice cocktails will not meet the standard

BREAKFAST		
Fruit		NOTES
	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)	The expectation is that seasonal fresh fruit will be utilized. This includes fresh berries, fresh melon, fresh citrus etc.  Frozen or canned fruit is utilized only when fresh fruit is not available
	Offer precut (cut-up pieces or sectioned) fruit, especially oranges	
	Offer at least one fruit high in Vitamin C (e.g., citrus fruits, kiwi, guava, papaya, cantaloupe, and strawberries)	
	In addition to the fresh fruit, one choice of dried fruit without added sugars (available on Performance Fueling Station).	
	Contingency Option:	
	Frozen or canned fruit should be considered contingency choices only when fresh fruits are not available	
Cereal		
	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.	
	A minimum of six ready-to-eat cereal choices will be provided. Serving sizes should provide between 125-225 calories per serving.	
	All products will have less than or equal to 1.5 mg of sodium per calorie; this requires simple division of declared sodium divided by the calories for the product.	The standard for Sodium is suspended due to industry issues until 2026  occasionally it may be necessary to offered cereals that have more than 12 grams of sugar or that do not quite meet the standards. Keep it as close to 12 grams as possible All of the major cereal brands produce a healthy, wellness or variety pack that can be used
	All cereals will have less than 12 grams of <i>added</i> sugar	
	Two cereals must contain greater than 20 grams of whole grains per serving, with at least 4 grams of fiber per serving.	
	At least two cereals must be 100% folate fortified (400mcg) and at least two must be 50% iron fortified (9mg).	
Eggs		
	a. 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.	
	b. Offer scrambled eggs, hardboiled eggs, and cholesterol free eggs daily.	
	· Scrambled tofu ( or other egg substitute) offered as an egg alternative	
	· Vegetable ingredients/fixings (such as peppers, onions, tomatoes, mushrooms, spinach) for eggs must be available	
	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..	
	** BCT-Eggs to order including omelets are offered <u>only</u> on Sundays and Holidays.	
	**AIT-Eggs to order, including omelets, will be offered on weekends and Holidays	

<b>Grilled Specialty Breads</b>	Pancakes, French Toast, Waffles	
	<p>One choice of a waffle, pancake or French toast at every breakfast. Rotate choices</p> <hr/> <p>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.)</p> <hr/> <p><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></p>	
<b>Breakfast Meats</b>		
	<p>In addition to eggs at breakfast or brunch, <b>offer a minimum of two other proteins:</b></p> <p>Lean options of grilled or baked chicken breast, braised pork chop, grilled or baked salmon, lean hamburger patty, plant-based patties or crumbles.</p> <hr/> <p>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.</p> <ul style="list-style-type: none"> <li>- 2-3 ounces portion sizes or about half of the portion that would be served for lunch or dinner.</li> <li>- Offer no more than one choice of a cured meat per breakfast meal.</li> </ul> <p>one choice must be a non-pork option</p> <p>If bacon is offered sodium must be ≤ 290 milligrams per 1 oz. serving</p> <p><b>No creamed beef will be offered</b></p>	
<b>Breakfast Sandwiches</b>	Wraps, Sandwiches, Burritos	
	Breakfast sandwiches offered 3 times weekly (M-F) and one weekend day. Recipes in AFMIS/AFRS can be used. 2 of four items must code green and 2 of four must code yellow. RTU items need to be approved/added by ACES prior to use	
<b>Potato/Starch/Grain</b>		
	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.	
<b>Bread</b>	2 Sliced options plus tortilla, bagel or English muffin	
	<p>Bread: two types of sliced bread will be available</p> <p>a. 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.</p> <p>b. 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 to a 2-slice serving of sliced bread.</p> <p>c. 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)</p> <p>d. Biscuits may be offered on Saturdays and Sundays and up to three times during the week as an additional item.</p>	

e .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** Pastries such as donuts, sweet rolls, Danishes, etc., NOT OFFERED in SFI.

**Yogurt**

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

- One yogurt **must** be a Greek yogurt - encouraged to offer more than one Greek yogurt
- Fat per serving: ≤ 3 g fat
- Sugar: ≤ 25 g sugar in a 6 oz. serving of traditional yogurt and ≤ 16 g sugar in 6 oz. serving of Greek yogurt
- Choose yogurts that are low in added sugars or have no added sugars. (Recommendation: Less than 10% of total calories from sugar)

Unless otherwise specified serving size is 5.3 – 6 oz.

Traditional yogurt must have 15% of DV for Calcium and minimum of 1 gram of protein per ounce Greek yogurt must have 10 % of the dv for Calcium and have at least 2 grams of protein per ounce.

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.

**Condiments/Toppings** (all meals)

**Condiments/Toppings**

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.

- a. Butter and Trans-fat free (zero grams trans-fat per serving) spread
- b. Oil: olive (extra virgin olive oil), and canola
- c. Vinegars (apple cider, balsamic, red wine, or sherry—NOT white cooking vinegar) and lemon juice for salads.
- d. Sugar, brown sugar, honey, and artificial sweetener
- e. Syrup (regular and sugar-free)
- f. Salt, pepper, and sodium-free seasonings with no monosodium glutamate (MSG).
- g. Individual packets if used will be placed on the dining table or on the serving line readily available for diner use
- h. Ketchup, hot sauce, mayonnaise, light mayonnaise, mustard, relish
- i. Jams or Jelly and fruit spread: offer two. Include low-sugar option
- j. Two or more spreads (e.g. low-fat cream cheeses, avocado spread, smoked salmon spread) (Sample List with requirements to be provided)
- k. Peanut butter, and one other nut or seed butter.
- l. Salsa
- m. Trail mix: add to salad bar/Performance Fueling Station for topping hot cereals and yogurt, etc.
- n. Sauces and gravies: as appropriate, offer sauces and gravies to accompany entrees

**LUNCH DINNER**

**Soup**

<b><u>SOUP: Soup must be offered in cold weather months to be consumed as a warming beverage. Soup is optional in warmer weather months</u></b>	
a. Offer one (≤ 600 mg Sodium/8 oz.) soup/stew/chili per day, alternating cream or broth based, based on customer demand and/or to complement meal**.	
b. Provide broth based soup (≤ 600 mg Sodium/8 oz. serving) ***.	
c. Rotate selections of plant-based soup, stew, or chili, especially where population demands for plant-based/plant-forward foods are indicated.	
**AIT	
***BCT/OSUT	
<b>There are soups to choose from. These soups will be rotated in order to ensure a variety are served. It is not acceptable to serve the same soup every day. There should be a rotation of at least 7 soups. Additional soups may be added/used provided they meet the specifications.</b>	

<b>Entrees</b>
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Three main entrée choices must be provided	
1. Entrees will be prepared by either baking, grilling or roasting, and	
1. Served without added fat. Entrees WILL NOT be deep fat fried.	
2. At least one entrée will be non-pork	
a. Fish (non-breaded) is served at a minimum of three times per week as a main entrée	
i. at least one time at lunch and two times at dinner	
ii. at least one fish high in omega 3 (salmon, tuna, trout, herring, mackerel, sardines) will be served per week.	
b. Lean ground beef and lean ground turkey (fat content not to exceed 10% and with no fillers or extenders will be used in recipes.)	
c. Skinless poultry will be used.	
<b>d. Plant-forward/meatless entrée option will be offered.</b>	
i. plant-forward/meatless entrees that are grain , pasta, or potato based may be served.	
Note: Lean options contain fewer than 30% total fat, 10% saturated fat 500 calories, 800 mg of sodium and at least 18 grams of protein.	
*Standards/Specifications for all meats are available in the Army's Buyers Guide.	

<b>Potato Starch Grains</b>
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<b><u>POTATO/STARCH/GRAIN:</u></b>	
a. for lunch and dinner meals, offer a minimum of two different hot starches	
<b>b. serve starches with under 700 mg sodium per serving size.</b>	
c. ¾ cup of whole grain, or multi-grain, pasta.	
d. ¾ cup of starchy vegetables, e.g., corn, peas, potatoes, and winter squash, or butternut squash	
e. ¾ cup of whole grain, multi-grain, or blend of grains, e.g., rice, barley, quinoa, cracked wheat etc.	
f. ½ cup of legumes or beans, e.g., lentils, black beans, edamame, pinto beans, and kidney beans (Served three times per week or more)	
Note: A hot entrée or side dish of legumes or beans is offered every day (i.e. specialty bar, salad bar, entrée, side dish etc....)	
These sides should be cooked using lower fat preparations methods (baked, grilled, etc.).	
Deep fat frying or cooking in oil is NOT an acceptable preparation method and is not authorized within the SFI	

<b>Vegetables</b>
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<b><u>VEGETABLES:</u></b>	
a. At least two hot <u>fresh</u> vegetables per meal.	
b. Progressive batch cooking <b>only</b> . Prepare with little or no added fat, when possible.	
c. One of the vegetables must be non- starchy and a good source of Vitamin A (1000 IU) or Vitamin C(30 Mg) (colorful, dark leafy and deep yellow, orange and red vegetables including carrots, squash, tomatoes, zucchini, spinach, greens, and broccoli).	
Note:	

Additional vegetables are optional, but highly encouraged. An optional third vegetable is listed

Note: Prioritize vegetable menu selections as follows:

- Fresh vegetables as the first choice to serve with each meal.
- Frozen vegetables to serve **only** when fresh vegetables are not available.
- Canned vegetables to serve **only** when fresh or frozen vegetables are not available.

Canned tomatoes for cooking and Canned beans (legumes) with any meal

\* Consider adding a non-starchy vegetable at breakfast

**Fruits**

**FRUIT:**

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)

Offer precut (cut-up pieces or sectioned) fruit, especially oranges

Offer at least one fruit high in Vitamin C (e.g., citrus fruits, kiwi, guava, papaya, cantaloupe, and strawberries)

\*One choice of dried fruit without added sugars (available on Performance Fueling Station).

Contingency Option:

Frozen or canned fruit should be considered contingency choices only when fresh fruits are not available

The expectation is that seasonal fresh fruit will be utilized. This includes fresh berries, fresh melon, fresh citrus etc.

Frozen or canned fruit is utilized only when fresh fruit is not available

**Bread**

**Bread:** two types of sliced bread will be available

a. All sliced bread must be whole grain/whole wheat type, white with whole grains or whole wheat with at least 2 g of fiber per slice. Slice weight is 1 oz.

b. 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 2 grams of fiber per 1-slice serving; a 2 oz. (56 g) or larger portion will be considered as equivalent to a 2-slice serving of sliced bread.

b. 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).

e. **Additionally: One selection of a hot bread will be offered – hot bread at lunch and dinner does not have to meet the whole grain and fiber requirement Hot Bread suggestions are included on the Menu, but may be rotated as appropriate. It is not, however acceptable to serve the same hot bread with every meal.**

**Yogurt**

**YOGURT:**

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

- Fat per serving: ≤ 3 g fat
- Sugar: ≤ 25 g sugar in a 6 oz. serving of traditional yogurt and ≤ 16 g sugar in 6 oz. serving of Greek yogurt
- Choose yogurts that are low in added sugars or have no added sugars. (Recommendation: Less than 10% of total calories from sugar)

Unless otherwise specified serving size is 5.3 – 6 oz.

Traditional yogurt must have 15% of DV for Calcium and minimum of 1 gram of protein per ounce Greek yogurt must have 10 % of the DV for Calcium and have at least 2 grams of protein per ounce

**AFTER** the basic requirements are met ,offer artificially sweetened or alternative milk yogurts (must meet same standards as cow's milk yogurt) when available and based on customer demand)

**Desserts**

**BCT: 2 different dessert choices that vary daily**

Examples:

Fruit Based dessert e.g. fruit parfait, fruit salad

Low fat ice cream/frozen yogurt (less than 5 grams of fat and ≤ 150 calories per serving

Pudding/ pudding parfaits ≤ 30% of calories from fat

Cakes, pies, brownies etc.. Are authorized only for special and holiday meals in BCT

**AIT: 2 dessert choices daily**

Seven days a week at lunch and dinner, one dessert choice will be fruit based and one will be a regular dessert choice

Regular dessert standards:

Cookies (maximum serving size of 2.5 ounces or serving size per recipe card if smaller)

Pies (preferably 9-inch) cut in smaller slices (cut in 10-slices instead of 8)

Brownies – unfrosted (cut 8 by 10 instead of 6 by 9).

Cakes: thinly frosted or glazed and meeting the calorie standards.

Other approved desserts – mousse, flan, etc. that meet the standards

Cobblers/crisps (serving size per recipe card)Pudding/ pudding parfaits (less than 30% of calories from fat)

AIT desserts are to be ≤250 calories per serving

Artificial and non-nutritive sweetened desserts should be limited

**PERFORMANCE FUELING STATION** Performance Fueling Station Required at all meals - separate tab on menus with items to include

**SHORT ORDER /ACTION STATIONS**

**SHORT ORDER and ACTION STATIONS:**

1.BCT Short Order items/Action Station items incorporated into cycle menu

2. AIT Short Order **OR** Action Station will be offered seven days a week, at dinner meals. The traditional hot line based on the Soldier Fueling menu must be available when Short Order/Action station is served. In order to have an appropriate Short Order line, dining facility managers will choose items from the standardized AIT Short Order menu or use approved ACTION Stations

Two hot vegetables must be included on the Short Order serving line. One of the vegetables must be non-starchy. Highly recommend using the same vegetables as offered on the main line menu

**SPECIALTY BARS/ACTION STATIONS**

Specialty Bars/Action Stations such as pasta bars, potato bars, and taco bars are included in the menu to provide variety and additional options for diners; however, these Specialty Bars /Action Stations are not required and are optional based on approval by the FPM and Dietitian. Additional ideas for Action Stations are: Bowl Bars and Mongolian, Tex-Mex Bar, Pizza Bar. These bar parameters are included with the menu materials as suggestions. If the offered is not a pre-approved specialty bar/Action Station, it must be approved by the Dietitian and FPM

If offered, these pre-approved specialty bars will provide the following:
<b><u>Pasta Bar:</u></b>
Minimum of one (1) pasta type, preferably two (2) pasta types with one being of whole grain variety (spaghetti, rotini, etc.). If only one type of pasta offered, it must be whole grain.
Red/Marinara Sauce
White sauce or Low Fat Alfredo
Pesto
<b><u>Potato Bar:</u></b>
Baked Potatoes
Chopped Broccoli (steam prior to serving)
Shredded Cheese (reduced or low fat)
Salad Bar items can be utilized for Potato Bar
<b><u>Taco/Burrito Bar:</u></b>
Taco Shells or Tortilla Wraps/ combination of both
Ground Beef (90/10)
Shredded Chicken
Tofu or other plant based crumbles
Shredded Lettuce
Chopped Onion and tomatoes
Shredded Cheese (reduced or low fat) Sour Cream (low fat)
Salsa
<b><u>Sandwich Bar:</u></b>
Will consist of a minimum of 3 lean deli meat choices (lean ham, lean turkey, and lean roast beef),
<u>Minimum</u> two sliced cheese choices (American, Cheddar/Colby, Provolone, Pepper/Monterey Jack, or Swiss)
3 different bread choices (whole grain/whole wheat type breads or rolls)
[white with whole grains or whole wheat with at least 2 grams fiber per 1 oz. (28g) serving] Rolls and wraps may be offered but must be whole grain.
High fat deli meats to include, bologna and salami are <b>not</b> acceptable deli bar meat choices and will not be offered
Lean Ham per 86 g (3 oz.) serving less than 95 calories, 3.5 g fat, and less than 1000 mg sodium
Lean Turkey per 86 g (3 oz.) serving less than 85 calories, 1.5 g fat, and less than 900 mg sodium
Lean Roast Beef per 86 g (3 oz.) serving less than 105 calories, 3 g fat, less than 1050 mg sodium
All sliced cheeses per 28 g (1 oz.) serving will be less than 9 g fat, less than 6 g saturated fat, less than 350 mg sodium, and at the minimum 15% DV (150 mg) for Calcium. Reduced fat and low fat cheeses are acceptable. Imitation and fat free cheeses are not acceptable.
<b>Accompaniments and condiments</b> Sliced tomatoes, onions, pickles, dark green leafy lettuce leaves, sliced cucumbers, sliced green or red peppers, low fat mayonnaise, mustard, relish, and salad dressing

**SALAD BAR**

Additional information on SALAD  
BAR TAB

**Salad Bar is required at Lunch and Dinner**

Leafy green salad minimum standard is 50 percent dark green leaves such as romaine, kale, endive, arugula, or spinach. An optional second salad can be prepared to provide more options as well.

A minimum of 10 fresh toppings will be offered. Toppings such as tomatoes, cucumber, green pepper, onion, mushrooms, avocado, berries, orange segments, radish, etc.

A legume and either pumpkin or sunflower seeds will always be included in the topping options. Other nuts can be included.

Offer a salad bar with a minimum of three protein-based items such as cooked meat, poultry, seafood, hard cooked egg, tofu or tempeh, cottage and other cheeses, nut butters, and yogurt

Olive oil, extra virgin and canola oil will be offered.

A selection of vinegar such as apple cider, balsamic, and red, as well as lemon juice.

The salad bar will offer 5 separate salad dressings choices-two choices of regular salad dressing and 3 choices of low-fat salad dressing . No-fat dressings are not acceptable.

**Avoid** serving protein-based items mixed with high saturated fat dressing (e.g., chicken or eggs mixed with creamy mayonnaise-based dressing).

**Mayonnaise based salads, if served, must use lower fat mayonnaise or lower fat salad dressings. Preference is for vinaigrette based salads**

**GENERAL  
GUIDANCE**

**General Guidance. Specific guidance provided in SFI Implementation Guide**

Select whole food components with minimal processing.

**Avoid products whose label includes the terms: proprietary ingredients, blends, or energy blends**

These items are **not to** be provided in dining facilities, and may contain harmful and/or illegal substances.

Fats and oils :

Limit use of saturated fats that are solid at room temperature.

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.

Use the minimum amount needed.

Use the appropriate oil, e.g. canola, corn, olive, safflower, and blends of these and other vegetable oils.

Use canola oil for delivery of beneficial omega-3 fatty acids.

For food preparation use:

- Iodized salt.

**Box Meals (made in the dining facility), when served on the menu:**

One whole grain sandwich with fruit and vegetable sides (without added mayonnaise) in each box meal.

Offer a vegetarian option in a box meal based on customer demand.

**Field Meals (Mermite) will be determined prior to required full implementation of menu**

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