

Go for Green® - Army (G4G®-A) Lunch/Dinner

Standards

DA Pam 30-22, para 3-76

3 October 2023

Army Lunch & Dinner Menu Standards Checklist			
#	Soup	Regulation	Requirement Met (Y/N)
1	One soup should be a reduced sodium soup Requirements for a reduced sodium soup is < 600mg of sodium per 8 ounce serving Offer at least one soup at lunch and dinner. Cream or broth based. Soups should have no more than 800 mg of sodium per 8 oz serving	DA Pam 30-22, 3-76	
#	Short Order:	Regulation	Requirement Met (Y/N)
2	Minimum of four grilled or specialty bar items (to include two entrée type proteins) i.e. vegetarian sandwiches, wraps, flatbreads/pizzas, burritos, grilled chicken, fajitas. ACTION Stations may be used in-place of short order	DA Pam 30-22, 3-76	
3	Chip and pretzel options will include baked and whole grain varieties.	DA Pam 30-22, 3-76	
4	One grilled, fresh vegetable or hot vegetable will be served at short-order station at all times.	DA Pam 30-22, 3-76	
#	Standard Salad bar:	Regulation	Requirement Met (Y/N)
5	Standard salad bar includes 50% deeply colored leafy green salad and a minimum of 10 fresh toppings (cannot count items that are canned, jarred, or frozen).	DA Pam 30-22, 3-76	
6	Unsalted nuts and/or seeds and legumes should be available for salads	DA Pam 30-22, 3-76	
7	Offer a minimum of three protein items e.g.,chopped or shredded chicken, tofu, plain tuna, beef, vegetarian crumbles.	DA Pam 30-22, 3-76	
8	Offer five separate salad dressings (plus canola oil, olive oil, lemon juice and vinegars) Three low-fat salad dressings – (low-fat salad dressings are preferable to no-fat) Two regular (full fat) salad dressings	DA Pam 30-22, 3-76	
9	Offer legumes/lentils/beans on salad bar		
10	Dried fruit offered (can be on salad bar/performance fueling station)		
#	Standard Deli bar:	Regulation	Requirement Met (Y/N)
11	3 or more deli meat choices: - Lean ham, per 86 grams (3 oz.) serving fewer than 95 calories, 3.5 grams of fat, and less than 1000 mg of sodium. - Lean turkey, per 86 grams (3 oz.) serving fewer than 85 calories, 1.5 grams of fat, and less than 900 mg of sodium. - Lean roast beef, per 86 grams (3 oz.) serving fewer than 105 calories, 3 grams of fat, less than 1050 mg of sodium.	DA Pam 30-22, 3-76	
12	2 or more cheeses	DA Pam 30-22, 3-76	
13	3 or more different choices of whole grain bread or rolls	DA Pam 30-22, 3-76	

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#	Mainline:	Regulation	Requirement Met (Y/N)
14	Choice of two main entrees, three entrees are desirable. One of these entrée's must be lean fish, poultry or meat.	DA Pam 30-22, 3-76	
15	Provide a vegetarian entrée containing a plant-based protein source (beans, lentils, soy, crumbles, tofu, etc.), based on customer demand.	DA Pam 30-22, 3-76	
16	If a vegetarian entrée is not served, provide a hot side dish that contains a plant-based protein.	DA Pam 30-22, 3-76	
17	Fish is served at a minimum three times per week. At least one must be a fish that is high in Omega 3 (examples: salmon, trout, mackerel, sardines etc.)	DA Pam 30-22, 3-76	
18	Sauces and gravies served separately unless it is an integral part of the recipe.	DA Pam 30-22, 3-76	
19	Minimum of two different hot starch choices e.g., whole grain, pasta, potatoes, grain & legume combo etc.) offered at lunch and dinner. One should be prepared without animal products. Hot legume entrée or side dish offered daily	DA Pam 30-22, 3-76	
20	Offer a minimum of two hot vegetables per meal, they must be different colors. Fresh vegetables are the first choice, frozen second, and canned only when fresh and frozen are unavailable.	DA Pam 30-22, 3-76	
21	No more than 1 starchy vegetable per meal -- corn, peas (black-eyed, green), beans (chickpeas and baked, black, kidney, lima, navy, pinto, and refried beans), potatoes/sweet potatoes	DA Pam 30-22, 3-76	
#	Bread:	Regulation	Requirement Met (Y/N)
22	Four (4) bread types made available (3 or more whole grain bread types)	DA Pam 30-22, 3-76	
23	One tortilla option (see implementation guide)	DA Pam 30-22, 3-76	
24	100% whole wheat/grain bread with at least 2 grams of naturally occurring fiber per slice*(~1oz).	DA Pam 30-22, 3-76	
25	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	DA Pam 30-22, 3-76	
26	Two or more: nut spreads, jams or jellies (1 regular and 1 lower in sugar)	DA Pam 30-22, 3-76	
27	2 or more fresh fruit options and 1 canned or frozen fruit on the salad, dessert or fruit bar.	DA Pam 30-22, 3-76 DoDM 1338.10	
28	Three or more fresh fruit choices per meal: whole and cut	DA Pam 30-22, 3-76	
#	Desserts:	Regulation	Requirement Met (Y/N)
29	Desserts are optional If desserts are offered: Offer a variety of options Dessert servings may not exceed 300 calories per serving	DA Pam 30-22, 3-76	