

Soldier Fueling Initiative (SFI)  
Lunch/Dinner Menu Standards  
3 October 2023

Soldier Fueling Initiative, Lunch/Dinner Menu Standards Checklist		
#	Soup	Requirement Met (Y/N)
1	SOUP: Soup must be offered in cold weather months to be consumed as a warming beverage. Soup is optional in warmer weather months	
2	Offer one ( $\leq$ 600 mg Sodium/8 oz.) soup/stew/chili per day, alternating cream or broth based, based on customer demand and/or to complement meal**.	
3	Provide broth based soup ( $\leq$ 600 mg Sodium/8 oz. serving) ***.	
4	Rotate selections of plant-based soup, stew, or chili, especially where population demands for plant-based/plant-forward foods are indicated.	
5	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.	
#	Entrees	Requirement Met (Y/N)
6	Three main entrée choices must be provided	
7	Entrees will be prepared by either baking, grilling or roasting, and	
8	Served without added fat. Entrees WILL NOT be deep fat fried.	
9	At least one entrée will be non-pork	
10	Fish (non-breaded) is served at a minimum of three times per week as a main entrée	
11	at least one time at lunch and two times at dinner	

Soldier Fueling Initiative (SFI)  
Lunch/Dinner Menu Standards

3 October 2023

#	Entrees	Requirement Met (Y/N)
12	at least one fish high in omega 3 (salmon, tuna, trout, herring, mackerel, sardines) will be served per week.	
13	Lean ground beef and lean ground turkey (fat content not to exceed 10% and with no fillers or extenders will be used in recipes.)	
14	Skinless poultry will be used.	
15	<b>Plant-forward/meatless entrée option will be offered.</b>	
16	plant-forward/meatless entrees that are grain , pasta, or potato based may be served.	
17	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.	

Soldier Fueling Initiative (SFI)  
Lunch/Dinner Menu Standards

3 October 2023

#	Potato/Starch/Grains	Requirement Met (Y/N)
18	for lunch and dinner meals, offer a minimum of two different hot starches	
19	serve starches with under 700 mg sodium per serving size.	
20	$\frac{3}{4}$ cup of whole grain, or multi-grain, pasta.	
21	$\frac{3}{4}$ cup of starchy vegetables, e.g., corn, peas, potatoes, and winter squash, or butternut squash	
22	$\frac{3}{4}$ cup of whole grain, multi-grain, or blend of grains, e.g., rice, barley, quinoa, cracked wheat etc.	
23	$\frac{1}{2}$ cup of legumes or beans, e.g., lentils, black beans, edamame, pinto beans, and kidney beans (Served three times per week or more)	
24	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...)	
25	These sides should be cooked using lower fat preparations methods (baked, grilled, etc.).	
26	Deep fat frying or cooking in oil is NOT an acceptable preparation method and is not authorized within the SFI	

Soldier Fueling Initiative (SFI)  
Lunch/Dinner Menu Standards

3 October 2023

#	Vegetables	Requirement Met (Y/N)
27	At least two hot <u>fresh</u> vegetables per meal.	
28	Progressive batch cooking <b>only</b> . Prepare with little or no added fat, when possible.	
29	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).	
30	Additional vegetables are optional, but highly encouraged. An optional third vegetable is listed	
31	Note: Prioritize vegetable menu selections as follows:	
32	Fresh vegetables as the first choice to serve with each meal.	
33	Frozen vegetables to serve <b>only</b> when fresh vegetables are not available.	
34	Canned vegetables to serve <b>only</b> when fresh or frozen vegetables are not available.	
35	Canned tomatoes for cooking and Canned beans (legumes) with any meal	
36	* Consider adding a non-starchy vegetable at breakfast	
#	Fruits	Requirement Met (Y/N)
41	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)	
42	Offer precut (cut-up pieces or sectioned) fruit, especially oranges	
43	Offer at least one fruit high in Vitamin C (e.g., citrus fruits, kiwi, guava, papaya, cantaloupe, and strawberries)	
44	*One choice of dried fruit without added sugars (available on Performance Fueling Station).	
45	Contingency Option:	
46	Frozen or canned fruit should be considered contingency choices only when fresh fruits are not available	

Soldier Fueling Initiative (SFI)  
Lunch/Dinner Menu Standards

3 October 2023

#	Bread	Requirement Met (Y/N)
47	Bread: two types of sliced bread will be available	
48	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.	
49	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)	
50	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)	
51	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	Requirement Met (Y/N)
52	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	
53	One yogurt <b>must</b> be a Greek yogurt - encouraged to offer more than one Greek yogurt	
54	Fat per serving: ≤ 3 g fat	
55	Sugar: ≤ 25 g sugar in a 6 oz. serving of traditional yogurt and ≤ 16 g sugar in 6 oz. serving of Greek yogurt	
56	Choose yogurts that are low in added sugars or have no added sugars. (Recommendation: Less than 10% of total calories from sugar)	
57	Unless otherwise specified serving size is 5.3 – 6 oz. traditional yogurt must have 15% of MDRI for Calcium and Greek yogurt must have 10 % of the MDRI for Calcium	
58	<b>AFTER</b> 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)	

Soldier Fueling Initiative (SFI)  
Lunch/Dinner Menu Standards

3 October 2023

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

Soldier Fueling Initiative (SFI)  
Lunch/Dinner Menu Standards

3 October 2023

#	Desserts	Requirement Met (Y/N)
74	BCT: 2 different dessert choices that vary daily	
75	Examples:	
76	Fruit Based dessert e.g. fruit parfait, fruit salad	
77	Low fat ice cream/frozen yogurt (less than 5 grams of fat and $\leq$ 150 calories per serving)	
78	Pudding/ pudding parfaits $\leq$ 30% of calories from fat	
79	Cakes, pies, brownies etc.. Are authorized only for special and holiday meals in BCT	
80	AIT: 2 dessert choices daily	
81	Seven days a week at lunch and dinner, one dessert choice will be fruit based and one will be a regular dessert choice	
82	Regular dessert standards:	
83	Cookies (maximum serving size of 2.5 ounces or serving size per recipe card if smaller)	
84	Pies (preferably 9-inch) cut in smaller slices (cut in 10-slices instead of 8)	
85	Brownies – unfrosted (cut 8 by 10 instead of 6 by 9).	
86	Cakes: thinly frosted or glazed and meeting the calorie standards.	
87	Other approved desserts – mousse, flan, etc. that meet the standards	
88	Cobblers/crisps (serving size per recipe card)Pudding/ pudding parfaits (less than 30% of calories from fat)	
89	AIT desserts are to be $\leq$ 250 calories per serving	
90	Artificial and non-nutritive sweetened desserts should be limited	

Soldier Fueling Initiative (SFI)  
Lunch/Dinner Menu Standards  
3 October 2023

#	PERFORMANCE FUELING STATION	Requirement Met (Y/N)
91	<b>Performance Fueling Station Required at all meals - separate tab on menus with items to include</b>	
#	SHORT ORDER /ACTION STATIONS	Requirement Met (Y/N)
92	BCT Short Order items/Action Station items incorporated into cycle menu	
93	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	
94	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	
95	SPECIALTY BARS/ACTION STATIONS	
96	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	
97	If offered, these pre-approved specialty bars will provide the following:	
98	<b><u>Pasta Bar:</u></b>	
99	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.	
100	Red/Marinara Sauce	
101	White sauce or Low Fat Alfredo	
102	Pesto	



Soldier Fueling Initiative (SFI)  
Lunch/Dinner Menu Standards  
3 October 2023

#	SHORT ORDER /ACTION STATIONS	Requirement Met (Y/N)
103	<b><u>Potato Bar:</u></b>	
104	Baked Potatoes	
105	Chopped Broccoli (steam prior to serving)	
106	Shredded Cheese (reduced or low fat)	
107	Salad Bar items can be utilized for Potato Bar	
108	<b><u>Taco/Burrito Bar:</u></b>	
109	Taco Shells or Tortilla Wraps/ combination of both	
110	Ground Beef (90/10)	
111	Shredded Chicken	
112	Tofu or other plant based crumbles	
113	Shredded Lettuce	
114	Chopped Onion and tomatoes	
115	Shredded Cheese (reduced or low fat) Sour Cream (low fat)	
116	Salsa	

Soldier Fueling Initiative (SFI)  
Lunch/Dinner Menu Standards

3 October 2023

#	SHORT ORDER /ACTION STATIONS	Requirement Met (Y/N)
117	<b><u>Sandwich Bar:</u></b>	
118	Will consist of a minimum of 3 lean deli meat choices (lean ham, lean turkey, and lean roast beef),	
119	<u>Minimum</u> two sliced cheese choices (American, Cheddar/Colby, Provolone, Pepper/Monterey Jack, or Swiss)	
120	3 different bread choices (whole grain/whole wheat type breads or rolls)	
121	[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.	
122	High fat deli meats to include, bologna and salami are <b>not</b> acceptable deli bar	
123	meat choices and will not be offered	
124	Lean Ham per 86 g (3 oz.) serving less than 95 calories, 3.5 g fat, and less than 1000 mg sodium	
125	Lean Turkey per 86 g (3 oz.) serving less than 85 calories, 1.5 g fat, and less than 900 mg sodium	
126	Lean Roast Beef per 86 g (3 oz.) serving less than 105 calories, 3 g fat, less than 1050 mg sodium	
127	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.	
128	<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	

Soldier Fueling Initiative (SFI)  
Lunch/Dinner Menu Standards  
3 October 2023

#	SALAD BAR	Requirement Met (Y/N)
129	<b><u>Salad Bar is required at Lunch and Dinner</u></b>	
130	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.	
131	A minimum of 10 fresh toppings will be offered. Toppings such as tomatoes, cucumber, green pepper, onion, mushrooms,	
132	avocado, berries, orange segments, radish, etc.	
133	A legume and either pumpkin or sunflower seeds will always be included in the topping options. Other nuts can be included.	
134	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	
135	Olive oil, extra virgin and canola oil will be offered.	
136	A selection of vinegar such as apple cider, balsamic, and red, as well as lemon juice.	
137	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.	
138	<b>Avoid</b> serving protein-based items mixed with high saturated fat dressing (e.g., chicken or eggs mixed with creamy mayonnaise-based dressing).	
139	<b>Mayonnaise based salads, <u>if served</u>, must use lower fat mayonnaise or lower fat salad dressings. Preference is for vinaigrette based salads</b>	

Soldier Fueling Initiative (SFI)  
Lunch/Dinner Menu Standards  
3 October 2023

#	Beverages	Requirement Met (Y/N)
140	<b>Beverages (Hydration Stations – ALL Meals):</b>	
141	<b>MILK Pasteurized 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.</b>	
142	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.	
143	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)	
144	<b>Lactose free milk and/or soy milk (or other non-dairy milk option) Non-dairy 'milk' must be fortified with 15 percent of MDRI for Vitamins A and D and 25 percent of MDRI of calcium in an 8 ounce liquid serving.</b>	
145	Flavored milks may be offered (e.g. strawberry) provided they meet the same standards required of milk, and the required milks are offered.	
146	<b>JUICE Two 100% Juice Options or 100% Juice Blends</b>	
147	<b>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>	
148	<b>Another juice high in Vitamin C</b>	

Soldier Fueling Initiative (SFI)  
Lunch/Dinner Menu Standards  
3 October 2023

#	Beverages	Requirement Met (Y/N)
149	<b>Tea</b> - Unsweetened iced tea and hot tea	
150	<b>Coffee</b> (regular and decaf)	
151	<b>Hot chocolate</b>	
152	<b>Vegetable juice or tomato juice, preferably low sodium [vegetable juices mixed with fruit juice are not acceptable]</b>	
153	<b>WATER: Offer water in readily available dispensers at every meal</b>	
154	<b>Offer naturally infused water with fresh fruit, fresh vegetables or fresh herbs</b>	
155	<b>Carbohydrate electrolyte beverage - must meet requirements in AR 40-25</b>	
156	Per 8 oz. Sodium between 82- 163 mg. Potassium between 18-46 mg Carbohydrate 12-24 g (5-10%)	
157	(Optional) No-sugar beverage base (dispenser and/or BIB)	
158	(Optional) Diet tea/ Flavored diet tea (dispenser and/or BIB)	
159	<b><u>DO NOT OFFER:</u></b>	
160	<b>Sodas (regular or diet)</b>	
161	<b>Energy drinks, energy shots, or energy gels.</b>	
162	<b>Beverages that contain more than 100 mg of caffeine per 8-ounce serving.</b>	
163	<b>Beverages that have been fortified with amino acids, herbals or botanicals.</b>	
164	<b>Beverages with labels that include the terms “proprietary ingredients, blends, or energy blends.”</b>	
165	<b>Juice drinks or juice cocktails</b>	

Soldier Fueling Initiative (SFI)  
Lunch/Dinner Menu Standards  
3 October 2023

#	GENERAL GUIDANCE	Requirement Met (Y/N)
166	Select whole food components with minimal processing.	
167	<b>Avoid products whose label includes the terms: proprietary ingredients, blends, or energy blends</b>	
168	These items are <b>not to</b> be provided in dining facilities, and may contain harmful and/or illegal substances.	
169	Fats and oils :	
170	Limit use of saturated fats that are solid at room temperature.	
171	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.	
172	Use the minimum amount needed.	
173	Use the appropriate oil, e.g. canola, corn, olive, safflower, and blends of these and other vegetable oils.	
174	Use canola oil for delivery of beneficial omega-3 fatty acids.	
175	For food preparation use:	
176	Iodized salt.	
177	<b>Box Meals (made in the dining facility), when served on the menu:</b>	
178	One whole grain sandwich with fruit and vegetable sides (without added mayonnaise) in each box meal.	
179	Offer a vegetarian option in a box meal based on customer demand.	
180	<b>Field Meals will be determined prior to required full implementation of menu</b>	