

THOR3 Menu Standards

THOR3, Army Menu Standards Checklist			
#	Meats and Entrees	Regulation	Requirement Met (Y/N)
Standards.			
1	Two (2) main entrée choices, which will be naturally lean selections; such as, but not limited to, fish, seafood, poultry, red meat, or vegetarian, prepared and served without added fat (round or loin cuts that have been baked, grilled, or roasted and with visible fat removed).		
2	Fish served at least three times per week, one of which must be high in omega-3 fatty acids such as but not limited to salmon, tuna, trout, herring, mackerel, etc.		
3	Legumes and beans three times per week, either as a main entree or side dish, with less than or equal to 1 gram saturated fat per 100 calories (equates to approximately 10% saturated fat content).		
4	Based on demand, one or more vegetarian options containing a plant based protein source (e.g., beans, lentils, meatless or soy based type crumbles, patties) at the lunch and dinner meals.		
5	Two breakfast meat options, one of which must be a lower fat option (i.e. turkey bacon, Canadian bacon, or center cut bacon. Lower fat option must contain less than or equal to 1 gram of saturated fat per 100 calories, equating to approximately 10% saturated fat content. No more than one higher fat breakfast meat daily, i.e. bacon, sausage, or other breakfast meat with high fat content.		
Guidelines.			
6	Methods of preparation to include, but not limited to baking, braising, broiling, grilling, poaching, roasting, sautéing, steaming, stir-frying, stewing, searing, etc.		
7	Preferred cuts may include, but are not limited to round, loin, leg, breast, tenderloin, etc.		
8	Meat cuts must have visible fat removed and contain less than or equal to 2 grams saturated fat per 100 calories, equating to approximately 20% saturated fat content.		
9	Only lean ground meats, i.e. beef, chicken and turkey, ≥90% lean, with no fillers or extenders.		
10	Sauces and gravies are served separately unless integral to the recipe.		
11	No more than two special occasions per month. Special occasion menus will be approved by the command dietitian.		
12	Lean breakfast meat option include but are not limited to: turkey, lean ham, Canadian bacon, chicken, lean beef, etc. No nutritional value or evidence to support requirement of serving bacon and creamed beef daily.		

THOR3 Menu Standards

#	Vegetables.	Regulation	Requirement Met (Y/N)
Standards.			
13	Two hot vegetables per meal with minimal to no added fat, sugar or salt; one starch and one non-starchy deep-colored vegetable of two different colors as outlined in the produce guide at Appendix E. Priority: 1. Fresh 2. Frozen 3. Dried 4. Canned.		
14	One legume/bean option available at lunch and dinner meals. If canned, must be drained and rinsed before placing on line or incorporating into a recipe.		
15	Hot vegetables placed on hot line as first available selection.		
Guidelines			
16	Seasonal fresh vegetables, including locally procured, incorporated in menu as much as possible when available. Seasonal produce options as listed in Appendix E. Produce priority is as follows: 1. Fresh 2. Frozen 3. Dried 4. Canned. Produce and cooking methods to be rotated throughout the menu cycle.		
17	Legumes/beans include, but are not limited to, peanuts, black eyed peas, lentils, lima beans, black beans, kidney beans, cannellini beans, pinto beans, baked beans, chickpeas/garbanzo beans, navy beans, and refried beans.		
18	Starchy vegetables can be found in Appendix E, which include, but are not limited to potatoes, corn, peas, sweet potatoes, yams, acorn squash, butternut squash and pumpkin.		
19	Non-starchy vegetables can be found in Appendix E which include, but are not limited to, green beans, broccoli, cabbage, carrots, cauliflower, spinach, and summer squash.		
20	Use of added fats, sugars and salt not preferred on vegetables. When used as critical flavor enhancer, refer to Appendix B, Preparation and Cooking Standard Guidelines for recipe guidance.		

THOR3 Menu Standards

#	Fruits and Fruit Juices	Regulation	Requirement Met (Y/N)
Standards.			
21	Two (2) 100% single fruit or blended fruit juices, including one fortified with calcium and Vitamin D.		
22	Two fresh fruit choices per meal, cut up and ready to eat.		
23	One fruit served on dessert or fruit bar, Priority: 1-Fresh, 2-Frozen, 3-Dried, 4-Canned.		
24	Bananas available at breakfast daily when available in season.		
25	One dried fruit served at every meal.		
Guidelines.			
26	Frozen with no added sweetener or canned, packed in light syrup or 100% juice, fruits when fresh fruits are not available. Priority: 1-Fresh, 2-Frozen, 3-Dried, 4-Canned.		
27	Dried fruits, (unsweetened preferred) available at meals, i.e. purple or gold raisins, apricots, figs, apples, mangos, pineapple, cranberries, blueberries, cherries, pears, plums.		
28	Offer minimally sweetened or unsweetened (preferred) pureed fruit or compote, i.e. apple sauce, cooked fruit, cooked/heated frozen fruit, in place of canned fruit pie filling.		
29	Fruits on dessert and salad bars will be cut up or pre-prepared ready to eat.		
30	Seasonal fresh fruits including locally procured, incorporated in menu as much as possible when available. Produce options as listed in the Produce Guide. Produce will be rotated throughout the menu cycle.		
31	One or more appropriate sources of vitamin C per day which contain 30 percent of the reference daily intake or daily reference value with citrus fruits, kiwi, cantaloupe, strawberries, and beverages to include citrus, cranberry, or tomato juices.		

THOR3 Menu Standards

#	Grains and Starches	Regulation	Requirement Met (Y/N)
Standards.			
32	Four (4) choices of breads at all meals. One 100% whole grain bread with at least 2 ms fiber per serving. One whole grain white bread with at least 2 grams fiber per serving.		
33	One tortilla. One variety or /specialty bread such as cinnamon raisin bread, corn bread, English muffin or other suitable nutritionally beneficial breads. Restriction of sodium content of bread per DoD 1338 not applicable in ARSOF population due to increased electrolyte needs.		
34	Choice of six (6) ready-to-eat cold cereals. Two must have 100% whole grain listed as first ingredient. Three must be without sugar coating and at least one non-sugar coated option contain >3g fiber per serving. Bulk dispensing of the two highest volume cereals is mandatory.		
35	One whole grain hot cereal without added fat or sugars served at breakfast.		
36	A prepackaged bar (i.e. granola, cereal, energy bars, etc.) may be offered with >3 grams of fiber, >5g protein, and less than or equal to 25% calories from sugar served at all meals. Cereal bars, if offered, may substitute for a cold cereal choice and may be available at all meals.		
37	One hot starch served at breakfast with minimal to no added fat or sugar. Priority: 1-Whole grain, 2-Vegetable Enhanced, 3-Deep Color, 4-White/Enriched.		
38	Two hot starches served at lunch and dinner without added fats or sugars. Priority: 1-Whole grain, 2-Made with real fruit/vegetables, 3-Deep Color, 4-White/Enriched.		
39	One breakfast pastry such as a muffin, quick bread, which follows recipe guidance at Appendix B if made in-house. If store-bought or pre-made, must contain less than or equal to 10g fat per serving and less than or equal to 25g sugar per serving.		
40	One grilled specialty item served at breakfast rotated throughout the menu cycle. Priority: 1-Whole grain, 2-Made with real fruit/vegetables, 3-Deep Color, 4-White/Enriched.		
41	Breakfast syrup, one fruit and one nut topping will be offered as a side for grilled specialty items. Fruit topping priority 1-Frozen, no sugar added, 2-Fresh, 3-Canned if packed in light syrup or 100% juice. No canned pie filling to be served as fruit topping option for grilled specialty items.		

THOR3 Menu Standards

#	Grains and Starches	Regulation	Requirement Met (Y/N)
Guidelines.			
42	Pre-packaged bar options include, but are not limited to: Kashi, Lara, Quest, Nature Valley, Zone, Rise, Clif, Health Warrior, Oatmega, etc. Review food labels to ensure hemp derivatives are not a listed ingredient.		
43	Hot cereal options include, but are not limited to, oatmeal, grits, cream of wheat, malt-o-meal, and quinoa, etc. with preference of higher fiber options served more frequently.		
44	Tortilla options include, but are not limited to, whole grain, spinach, plain, and tomato basil, etc. Flavors to be rotated throughout the menu cycle.		
45	Specialty bread options include: dinner rolls, cornbread, garlic bread, bagel, English muffin, cinnamon raisin bread, fruit or vegetable breads, or sandwich/bagel thins, etc.		
46	Starch options include, but are not limited to, potatoes (white, purple, gold, red, sweet), rice (brown, white, wild), pasta (whole grain, vegetable, white), quinoa (any color), couscous, squash (acorn, butternut, pumpkin), etc.		
47	Grilled specialty items include pancakes, waffles, French toast, etc. Priority: 1-Whole grain, 2-Made with real fruit/vegetables, 3-Deep Color, 4-White/Enriched.		
48	When breakfast syrup is served, offer sugar-free breakfast syrup based on customer demand.		
49	Fruit topping for grilled specialty items priority: 1-Frozen no added sweeteners, 2-Fresh, 3-Canned packed in light syrup or 100% juice. No canned pie filling will be served as fruit topping option.		

THOR3 Menu Standards

#	Salad Bar	Regulation	Requirement Met (Y/N)
Standards.			
50	One leafy green salad (minimum of 50% dark green leaves such as, but not limited to romaine, spinach, mixed greens, arugula, with no dressing added.		
51	The salad bar will include a minimum of ten fresh toppings. Refer to Appendix E for color categories. One topping from the red, blue, and purple produce group. One topping from the orange and yellow produce group. One topping from the white, tan, and brown produce group. One topping from the green produce group. One undressed/unmixed protein option. One bean/legume option. One unsalted nut/seed, olive, or avocado option. One shredded cheese option. One fresh, dried, or canned packed in light syrup or 100% juice fruit option. One 1% or 2% cottage cheese option.		
52	Seven salad dressings will be served to include two regular fat options and five containing less than or equal to 1g saturated fat per 100 calories, equating to approximately 10% saturated fat content. Olive oil and vinegar will be offered independently as salad dressings in separate dispensers. Individual salad dressing packets are only to be used for carry-out or grab-and-go service and must include one full fat and one reduced-fat option.		
53	Cold, ready-to-serve, pre-dressed salads are optional. If more than one is served, encourage variety in types of salads used, i.e. starchy salad, non-starchy vegetable salad, fruit salad, bean salad.		

THOR3 Menu Standards

#	Salad Bar	Regulation	Requirement Met (Y/N)
Guidelines.			
54	Seasonal fresh fruits and vegetables including locally procured, incorporated in menu as much as possible when available. Produce options as listed in the Produce Guide. Produce priority is as follows: 1-Fresh, 2-Frozen, 3-Dried, 4-Canned. Produce to be rotated throughout the menu cycle.		
55	Unmixed/undressed protein, i.e. no added mayonnaise, such as but not limited to canned tuna, canned and deboned salmon, hard boiled eggs, ham, chicken, turkey, green soybeans, edamame; 1% or 2% fat cottage cheese, will be rotated throughout the menu cycle.		
56	Nuts, seeds, olives, and avocado options such as but not limited to sunflower seeds, walnuts, pecans, almonds, cashews, macadamia, mixed nuts, peanuts, pine nuts, pumpkin seeds, pistachios, green or black olives, or avocado that is diced, sliced, mashed or guacamole without added fats will be rotated throughout the menu cycle.		
57	Bean and legume options; rinsed and drained if canned, such as but not limited to black, garbanzo, kidney, pinto, will be rotated throughout the menu cycle.		
58	Shredded cheese option such as but not limited to cheddar, parmesan, mozzarella, feta, cheese blend, bleu cheese, etc. will be rotated throughout the menu cycle. Low-fat or made with 2% milk options preferred.		
59	Dried fruit option such as but not limited to purple and golden raisins, cranberries, cherries, blueberries, figs, apples, pineapple, mango, papaya, bananas, apricots, plums, etc.		
60	When cold, ready-to-serve (pre-dressed) salads are offered, options must contain less than or equal to 1 gram saturated fat per 100 calories equating to approximately 10% saturated fat content and be prepared with low-fat mayonnaise/salad dressing if recipe calls for mayonnaise or salad dressing.		

THOR3 Menu Standards

#	Dairy and Eggs	Regulation	Requirement Met (Y/N)
Standards.			
61	No "processed cheese food" products apart from American cheese, upon request only. Use cheddar cheese as default option.		
62	Two breakfast egg options served such as scrambled, poached, "fried", omelet, etc.		
63	Liquid pasteurized frozen egg products must be used unless the end item has a distinct yolk.		
64	Offer egg whites or egg substitutes (reduced cholesterol) as an alternative to whole egg products based on customer demand.		
65	Offer omega-3 fatty acid rich eggs when available.		
66	Offer lactose-free milk and/or milk alternatives based on customer demand.		
67	Offer dairy choices that contain no more than 1 gram saturated fat per 100 calories (equates to approximately 10% saturated fat content) (e.g. cottage cheese, sour cream, cream cheese, shredded cheese, sliced cheese, etc.) based on customer demand.		
68	Full fat dairy products may be used only with approval from local dietitian.		
69	Instead of sour cream as a condiment, substitute with plain Greek yogurt when available.		
70	Two bulk low-fat or non-fat yogurt options without artificial sweeteners at all meals to include one plain and one flavored option.		
Guidelines.			
71	Milk to be offered at every meal. Bulk dispensing preferred.		
72	Milk priority is as follows: 1. Pasteurized skim (non-fat) white 2. Pasteurized 1% fat (low-fat) 3. Pasteurized 1% (low-fat) chocolate or other flavors based on customer demand.		
73	Use 1% or skim milk in recipes when appropriate.		
74	Use low fat or reduced fat cheeses used in cooking when appropriate.		
75	Use egg substitute in place of whole eggs in baked items when appropriate.		

THOR3 Menu Standards

#	Short Order	Regulation	Requirement Met (Y/N)
Standards.			
76	Six grilled or specialty bar items (to include two entrée type proteins). Grilled item examples can include but are not limited to hot meat or vegetarian sandwiches, wraps, flatbreads/pizzas, burritos, fajitas, grilled chicken, kabobs, flatbread or wrap sandwiches, or stir-fry options. Specialty bar examples can include, but not limited to, pasta bars, burger bars, curry bars, burrito bars, and other internationally themed bars. No nutritional value added by requiring hamburgers, cheeseburgers, grilled ham and cheese, grilled cheese, and frankfurters be served on short order stations.		
77	One grilled, fresh vegetable or hot vegetable served at short-order station.		
78	French fries, onion rings must be baked or air fried and served no more than two meals per week.		
79	Chip and pretzel options will be limited to baked or whole grain varieties, served in grab-and-go areas only.		
80	Assorted condiments and toppings to compliment short-order items.		
81	Minimum modified short-order station options and standards will be the same as minimum short-order station options above, except only two short-order items required, at least one of which will be an entrée type protein. No nutritional value added by requirement of modified short order to have hamburgers, cheeseburgers, and frankfurters.		

THOR3 Menu Standards

#	Short Order	Regulation	Requirement Met (Y/N)
Guidelines.			
82	Offer as default 100% whole grain or whole wheat buns (>2g fiber per serving).		
83	Use air propelled cooking sprays for grilling and instead of buttering breads for grilled sandwiches.		
84	Only lean ground meat (≥90% lean) burgers with no fillers, extenders, or packaged with added flavorings.		
85	Offer variety in cheeses used for grilled sandwiches (to include, but not limited to, provolone, Swiss, cheddar, feta, bleu, pepper jack, etc.).		
86	As a cost saver, consider using previous day's pre-cut salad/fruit bar options for placement on pizzas and in stir-fry, or as grilled fresh vegetable options.		
87	Flatbread/pizza topping options (Including, but not limited to the following):		
88	Lean meats (i.e. marinated chicken such as but not limited to pesto, jerk, barbeque, Buffalo, plain, herb vinaigrette; lean beef, lean meatballs, chicken or turkey sausage, pepperoni, turkey, ham, etc.).		

THOR3 Menu Standards

#	Short Order	Regulation	Requirement Met (Y/N)
Guidelines.			
89	Cheeses (i.e. bleu, part-skim mozzarella, fresh mozzarella, cheddar, feta, parmesan, provolone, ricotta, etc.).		
90	Bases/sauces (i.e. red sauce, pesto, olive oil and garlic, barbeque, etc.).		
91	Vegetables/fruits (i.e. green, black or Kalamata olives, mushrooms, tomatoes, sun dried tomatoes, jarred or canned artichoke hearts, bell peppers of various colors, banana peppers, broccoli, onions [red, white, yellow or caramelized], garlic, jalapenos, pineapple, roasted red potatoes, spinach, fresh basil, etc.).		
92	Stir-fry options, one from each of the following categories:		
93	Starch (i.e. pasta, rice, potato, etc.).		
94	Lean meat (i.e. chicken, lean beef, lean pork, turkey, etc.).		
95	Non-starchy vegetables.		
96	Sauce (i.e. broth, barbeque, olive/canola oil and garlic, pesto, jerk, teriyaki or Asian style sauces, etc.) and seasoning (i.e. garlic, pepper, salt, seasoning salt, lemon pepper, sesame seeds, basil, oregano, onion powder, etc.).		
97	As a cost saver, use previous day's pastas, cooked meats, and precut salad/fruit bar options as able in accordance with Tri-Service Food Code. Combine pasta, rice potato, etc. with fresh cut vegetables and fruits with pre-cooked cut up lean meats and seasoning/sauces.		
98	The following examples are not all-inclusive nor mandatory, but are only meant to provide concept clarification:		
99	Option A: pasta, spinach, tomatoes, mushrooms, chicken or lean beef, garlic, olive/canola oil.		
100	Option B: rice, broccoli, carrots, onions, mandarin organs, chicken or lean beef, and teriyaki.		
101	Option C: potato, carrots, beets, bell peppers, onions, chicken or lean beef, light oil and onion soup seasoning with broth.		

THOR3 Menu Standards

#	Sandwich/Deli Station	Regulation	Requirement Met (Y/N)
Standards.			
102	Three bread options. Two 100% whole-grain (>2 grams fiber per serving) and one variety bread choice.		
103	Three sliced lean meat options such as but not limited to turkey, ham, chicken, turkey pastrami, roast beef, etc. that contain less than or equal to 1 gram saturated fat per 100 calories (equates to approximately less than or equal to 10% saturated fat content), and less than or equal to 1000mg sodium per 3 oz. serving.		
104	Two sliced cheese options such as but not limited to cheddar, Monterey Jack, provolone, pepper jack, Swiss, etc.		
105	Two deli sandwich toppings such as but not limited to sliced tomato, pickles, onions, whole lettuce leaves, etc.		
106	Two condiments such as but not limited to mayonnaise, mustard, ketchup, pickle relish, etc.		
Guidelines.			
107	Offer first 100% whole grain or whole wheat breads or tortillas (>2g fiber per serving).		
108	Use air propelled cooking sprays for any panini pressed sandwiches or wraps.		
109	Offer variety in cheeses used for grilled sandwiches (to include, but not limited to, provolone, Swiss, cheddar, feta, bleu, pepper jack, etc.).		
110	Sandwich/wrap topping options (Including, but not limited to the following):		
111	Lean meats (i.e. marinated sliced chicken such as but not limited to pesto, jerk, barbeque, Buffalo, plain, herb vinaigrette; lean meatballs, sliced deli meat: turkey, ham, roast beef, chicken etc.).		
112	Cheeses (i.e. bleu, part-skim mozzarella, fresh mozzarella, cheddar, feta, parmesan, provolone, ricotta, etc.).		
113	Sauces (i.e. red sauce, pesto, olive oil and garlic, barbeque, mustard, mayonnaise etc.).		
114	Vegetables/fruits (i.e. mushrooms, tomatoes, sun dried tomatoes, jarred or canned artichoke hearts, bell peppers of various colors, banana peppers, broccoli, onions [red, white, yellow or caramelized], garlic, jalapenos, pineapple, roasted red potatoes, spinach, fresh basil, etc.).		
115	Performance fats (i.e. green, black, or Kalamata olives, avocado, guacamole, etc.).		

THOR3 Menu Standards

#	Fats and Oils	Regulation	Requirement Met (Y/N)
Standards.			
116	Use only air-propelled cooking sprays for grilling.		
117	Offer a selection of oil (olive, canola, or blends) and vinegar (apple cider, balsamic, red, or white) on the salad bar based on customer demand.		
118	Offer one nut spread at every meal that contains less than or equal to 1 gram saturated fat per 100 calories (equates to approximately 10% saturated fat content).		
119	Seven salad dressings to include two regular fat options and five containing less than or equal to 1 gram saturated fat per 100 calories (equates to approximately 10% saturated fat content). Olive oil and vinegar will be offered independently as salad dressings in separate dispensers. Individual salad dressing packets are only to be used for carry-out or grab-and-go service, or at other appropriate locations, and must include one full fat and one reduced-fat option.		
Guidelines.			
120	Fat choices should be based off cooking technique (e.g., baking, stir-frying, and sautéing, etc.).		
121	Use oils high in monounsaturated fats such as but not limited to olive, olive/canola blends, walnut, avocado, or grapeseed oils for most food preparations.		
122	When available may use sesame, peanut, or light coconut milk for cultural recipes.		
123	Serve avocado in season at salad bars and with culturally appropriate foods.		
124	Use nonfat dry milk and evaporated skim milk for cooking. Reconstitute as needed to equate to liquid milk requirements in recipes.		

THOR3 Menu Standards

#	Beverages	Regulation	Requirement Met (Y/N)
Standards.			
125	The following options offered at every meal in the beverage area:		
126	Water (non-carbonated).		
127	Skim milk.		
128	1% white milk.		
129	1% chocolate milk.		
130	Sports beverage.		
131	Two 100% single fruit or vegetable juice or juice blend.		
132	Coffee (regular and decaf available, with no ingredients added).		
133	Hot tea (herbal, black, or green, etc.).		
134	Unsweet iced tea.		
135	Carbonated beverages.		
136	All milk options must be labeled to reflect fat content (i.e., skim/fat free, 1% low fat).		
137	Offer lactose-free alternatives (e.g., lactose free milk, soy milk) based on customer demand.		

THOR3 Menu Standards

#	Beverages	Regulation	Requirement Met (Y/N)
Guidelines.			
138	Water from two dispensers in beverage area, consider soda/seltzer water as second, carbonated option.		
139	Milk must be in accordance with standards in 'Dairy and Eggs' section.		
140	One sport beverage (carbohydrate-electrolyte beverage) containing 12-24 g carbohydrate (equates to 5-10% carbohydrate solution), 18-46 mg potassium, and 82-163 mg sodium per 8 ounce serving.		
141	Offer lactose-free milk and milk alternatives based on customer demand.		
142	If soda is offered, two must be caffeine-free (one light and one dark option) and one must be low-calorie.		
143	If low-calorie beverages are offered, they must contain fewer than 40 calories per serving.		
144	Offer sugar sweetened and sugar free beverage flavoring powders or low-calorie flavoring packets for addition to water for all meals if used in feeding operation.		
145	Sodium restriction of vegetable and tomato juices not appropriate in ARSOF population due to increased electrolyte needs.		
146	Appropriated fund foods service operations will not offer energy drinks, energy shots, energy gels, or any product that has been highly fortified or enriched (more than 100 percent of the daily value) or contains caffeine more than 100 milligrams of caffeine per 8-ounce serving.		
147	Products containing a non-nutritive (i.e., not an essential nutrient) ingredient (other than a preservative) must be evaluated by the DoD Nutrition Committee before acquisition. Exceptions require submission of a waiver request to the DoD Nutrition Committee.		

THOR3 Menu Standards

#	Soups	Regulation	Requirement Met (Y/N)
Standards.			
148	One soup option based on seasonality.		
149	All soups must contain less than 800 milligrams of sodium per 8 ounce serving.		
150	If more than one soup is offered, one must contain less than 600 milligrams of sodium per 8 ounce serving.		
151	When cream based soups are offered, serve only options that contain less than or equal to 1 gram saturated fat per 100 calories (equates to approximately 10% saturated fat content).		
Guidelines.			
152	Offer broth-based soups at higher frequency than cream-or milk-based soups.		
153	Vegetarian soups can be a good alternative vegetarian entrée option.		
154	Broth or cream based options to be rotated throughout menu cycle to compliment main entrees and seasonal variations.		
#	Condiments.	Regulation	Requirement Met (Y/N)
Standards.			
155	All sauces, condiments and spreads must be trans-fat free and contain no partially hydrogenated oils and less than or equal to 1 gram saturated fat per 100 calories (equates to approximately 10% saturated fat content), with exception for butter as a condiment.		
156	Butter available for diner use at each meal.		
157	If the operating budget permits, offer flavored coffee creamers.		
158	To the largest extent feasible, all condiments are served from bulk dispensers.		
159	Iodized salt and sodium-free seasoning available for diner use at each meal.		
160	Offer at least one low-sugar fruit spread, jam, or jelly in addition to regular jam and jelly.		
161	Offer regular syrup at breakfast. In addition to, and when available, offer sugar-free breakfast syrup based on customer demand.		

THOR3 Menu Standards

#	Condiments.	Regulation	Requirement Met (Y/N)
Guidelines.			
162	Coffee and tea condiment options will include:		
163	Low-fat (i.e. 1% fat) milk.		
164	Coffee creamers must be trans-fat free and contain no partially hydrogenated oils.		
165	Non-Dairy creamers (flavored or unflavored) must be reduced-fat options and contain no more than 1.0 grams saturated fat per 100 calories (equates to approximately 10% saturated fat content).		
166	Sugar and artificial sweeteners (i.e. Stevia, Splenda (sucralose), etc.)		
167	Offer only mayonnaise, margarine, sour cream and cream cheese that contain less than or equal to 1 gram saturated fat per 100 calories (equates to approximately 10% saturated fat content).		
168	When available, use plain Greek-style yogurt instead of sour cream.		
169	Sodium restriction is not warranted in this population; no sodium limitations on condiments.		
170	When hot or cold sandwiches are offered, provide appropriate accompaniments and condiments such as but not limited to sliced tomatoes, onions, pickles, lettuce leaves, ketchup, mayonnaise, mustard, relish, and salad dressing.		
#	Desserts	Regulation	Requirement Met (Y/N)
Standards.			
171	Four dessert options. If store-bought or pre-made, must contain less than or equal to 10g fat/serving and less than or equal to 25g sugar/serving. If made in-house, must adhere to Appendix B. To be placed on dessert bar:		
172	One fresh fruit option cut or sectioned into bite-size portions.		
173	Three additional dessert items such as but not limited to frozen yogurt, Greek-style yogurt, parfaits, cookies, cakes, pies, reduced fat ice cream etc.). Preference for baked goods to be made in house.		
Guidelines.			
174	Fresh fruits may be cut and served as a fruit salad and served on the salad bar.		
175	Dessert options must follow recipe guidance (Appendix B).		