

## Meal Kit Standards

---

**Purpose:** The meal kit standards are published by the Joint Culinary Center of Excellence (JCCOE) and are designed to meet or exceed the Dietary Guidelines put forth by the USDA/Department of Health and Human Services and the Army nutrition standards in AR 40-25. The purpose is to promote performance, resilience and health, and to decrease risk of chronic diseases. JCCoE will review and publish by name and catalogue number the items that are authorized for Food Program procurement and **only** those meal kits that have been reviewed by the Quality Assurance Division for compliance with the standards. This list contains the only items that should be procured by Army food service operators. Food program managers will use only this listing to comply with regulations in AR 30-22, Army Food Program (paragraph 3).-

38. Items by the same manufacturer are not necessarily compliant, and should not be procured unless specifically listed. Meal kit standards are subject to change when changes in national dietary recommendations, guidelines, and/or regulations occur.

### **NOTICE TO MEAL KITS PROVIDERS:**

1. Meal Kits must follow the Nutrition Labeling Act for each product in the kit and provide a Nutrition label for the entire kit on the outside packaging.
2. For product review, provide at least three kits and a nutrition listing for the full kit as well as each commodity in the kit to JCCoE, Quality Assurance Division, 1831 "A" Avenue, Room 303B, Fort Lee, Virginia 23801.
3. Changes in features and commodities in the Meal Kit require review as a brand new meal kit.
4. Approved meal kits that meet the specified standards will be posted on JCCoE by 1 October 2010.

## Basic Nutrition Guidelines for Each Meal Kit

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

**Total Fat:** 30-35% of total calories

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

**Trans Fat:** Zero

**Cholesterol:** less than 100 mg

**Carbohydrates:** 55% of total calories

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

**\*\*Sodium:** less than 1300 mg, see specific sodium requirements below for each meal type

**Fiber:** minimum of 14 grams per 1000 calories

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

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

Kits must have 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.

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

- **Entrée** - must have a minimum of 4 oz. of protein
- **Bread type**- preferably whole grain--bun, tortilla, wrap, breadsticks, or sliced bread
- **Snacks** –chips, combos, pretzels, crackers, nuts/seeds/trail mix (minimum 1.5 oz., maximum 2 oz.)
- **Fruit Product** – fruit cup( 4 oz. cup minimum), dried fruit (1/4 cup minimum) , fruit leathers, fruit snacks (made with real fruit, good source of vitamin C) or fruit roll (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
- **Calories** - minimum 1000 - 1350 maximum
- **Maximum Calories from Fat** – 350 calories from fat (maximum for 1000 calorie meal)  
475 calories from fat (maximum for 1350 calorie meal)
- **Maximum Total Fat (g)** –39 g total fat (maximum for 1000 calorie meal);  
53 g total fat (maximum for 1350 calorie meal)
- **Saturated Fat (g)** –15 g maximum
- **Trans Fat (g)**-zero grams
- **Cholesterol (mg)** – 100 mg maximum
- **Maximum Sodium (mg)** – 1300 mg maximum
- **Total Carbohydrates (g)** –186 g maximum
- **Dietary Fiber (g)**- minimum of 14 g per 1000 calories
- **Protein (g)** –25 g minimum – 51 g maximum

**Frozen Lunch Meal Kit for ages 17 years and younger (i.e. JROTC, Boy Scouts)**

- **Entree** - must have a minimum of 3 ounces of protein
- **Bread type**- preferably whole grain--bun, tortilla, wrap, or sliced bread
- **Snacks** –chips, combos, pretzels, crackers, nuts/seeds/ trail mix (minimum 1.5 oz., maximum 2oz.)
- **Fruit Product** – fruit cup( 4 oz. cup minimum), dried fruit (1/4 cup minimum) , fruit leathers, fruit snacks (made with real fruit, good source of vitamin C) or fruit roll (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
- **Calories** - minimum 775 - 1000 maximum
- **Maximum Calories from Fat** –275 calories from fat (maximum for 775 calorie meal);  
350 calories from fat (maximum for 1000 calorie meal)
- **Maximum Total Fat (g)** –30g total fat (maximum for 775 calorie meal);  
39g total fat (maximum for 1000 calorie meal)
- **Trans Fat (g)**- zero grams
- **Saturated Fat (g)** - 11g maximum
- **Cholesterol (mg)** - 100mg maximum
- **Sodium (mg)** - 1300mg maximum
- **Total Carbohydrates (g)** - 140g maximum

- **Dietary Fiber (g)**- minimum of 14 g per 1000 calories
- **Protein (g)** - minimum 15g - 40g maximum

## Complete Frozen Breakfast Meal Kit

- **Entrée** – Breakfast entrée or sandwich (i.e. ham and cheese/egg, and cheese croissant or English muffin)
- **Cereal** - Large cereal bowl pack
- **Milk** - 8oz. 1% UHT milk
- **Fruit Product** – fruit cup( 4 oz. cup minimum), dried fruit ( ¼ cup minimum), fruit leathers, fruit snacks (made with real fruit, good source of vitamin C) or fruit roll (good source of vitamin C)
- **Breakfast Bar** – must provide at least 2.5g of fiber per serving
- **Juice** - 5.5 oz. minimum. 100% fruit juice or 100% fruit juice blend with 100% DV vitamin C
- **Calories** - minimum 1000 - 1350 maximum
- **Maximum Calories from Fat** – 350 calories from fat (maximum for 1000 calorie meal)  
475 calories from fat (maximum for 1350 calorie meal)
- **Maximum Total Fat (g)** –39 g total fat (maximum for 1000 calorie meal)  
53 g total fat (maximum for 1350 calorie meal)
- **Saturated Fat (g)** - 15g maximum
- **Trans Fat (g)**-zero grams
- **Cholesterol (mg)** -100mg maximum
- **Sodium (mg)** - 1300mg maximum
- **Total Carbohydrates (g)** - 186g maximum
- **Dietary Fiber (g)**- minimum of 14 g per 1000 calories
- **Protein (g)** –minimum 25g - 51g maximum

## Complete Heated Breakfast Kit

- **Entrée** - Breakfast entrée or sandwich (i.e. ham and cheese/egg, and cheese croissant or English muffin)
- **Fruit Product** –fruit cup ( 4 oz. cup minimum), dried fruit ( ¼ cup minimum), fruit leathers, fruit snacks(made with real fruit, good source of vitamin C) or fruit roll (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
- **Calories** - minimum 1000 - 1350 maximum
- **Maximum Calories from Fat** – 350 calories from fat (maximum for 1000 calorie meal)  
475 calories from fat (maximum for 1350 calorie meal)
- **Maximum Total Fat (g)** – 39 g total fat (maximum for 1000 calorie meal)  
53 g total fat (maximum for 1350 calorie meal)
- **Saturated Fat (g)** - 15g maximum
- **Trans Fat (g)**-zero grams
- **Cholesterol (mg)** - 100mg maximum
- **Sodium (mg)** - 1300mg maximum
- **Total Carbohydrates (g)** - 186g maximum
- **Dietary Fiber (g)**- minimum of 14 g per 1000 calories
- **Protein (g)** - minimum 25g - 51g maximum

## Shelf Stable Breakfast Meal Kit

- **Cereal** - Large cereal bowl pack
- **Milk** - 8oz. 1% UHT milk
- **Fruit Product** – fruit cup (4 oz.. cup minimum), dried fruit (¼ cup minimum), fruit leathers, fruit snacks (made with real fruit, good source of vitamin C) or fruit roll (good source of vitamin C)
- **Breakfast Bar** -must provide at least 2.5g of fiber per serving
- **Juice** - 5.5 oz. minimum. 100% fruit juice or 100% fruit juice blend with 100% DV vitamin C
- **Pastry type** - toaster pastry, muffin, Danish, or doughnut
- **Calories** - minimum 900 - 1200 maximum
- **Maximum Calories from Fat** – 270 calories from fat ( maximum for 900 calorie meal)  
360 calories from fat (maximum for 1200 calorie meal)
- **Maximum Total Fat (g)** –30g total fat (maximum for 900 calorie meal)  
40g total fat (maximum for 1200 calorie meal)
- **Saturated Fat (g)** - 14g maximum
- **Trans Fat**- zero grams
- **Cholesterol (mg)** - 30mg maximum
- **Sodium (mg)** - 1000mg maximum
- **Total Carbohydrates (g)** –165g maximum
- **Dietary Fiber (g)**- minimum of 14 g per 1000 calories
- **Protein (g)** - minimum 15g - 35g maximum

## Shelf Stable Brunch Meal Kits

- **Cereal** - Large Cereal Bowl Pack
- **Milk** - 8oz. 1% UHT milk
- **Fruit Product** –fruit cup(4 oz. cup minimum) or dried fruit ( ¼ cup minimum), fruit leathers, fruit snacks (made with real fruit, good source of vitamin C) or fruit roll (good source of vitamin C)
- **Breakfast Bar** – must provide at least 2.5g of fiber per serving
- **Juice** - 5.5 oz. minimum. 100% fruit juice or 100% fruit juice blend with 100% DV vitamin C
- **Condiments** –1 oz. Peanut butter and 1 oz. ounce jelly
- **Bread type** – preferably whole grain-bun, sliced bread, tortilla, bagel, or wrap
- **Calories** - minimum 1000 - 1350 maximum
- **Maximum Calories from Fat** – 350 calories from fat (maximum for 1000 calorie meal)  
475 calories from fat (maximum for 1350 calorie meal)
- **Maximum Total Fat (g)** – 39 g total fat (maximum for 1000 calorie meal)  
53 g total fat (maximum for 1350 calorie meal)
- **Saturated Fat (g)** – 15 g maximum
- **Trans Fat (g)**-zero grams
- **Cholesterol (mg)** - 30mg maximum
- **Sodium (mg)** - 1300mg maximum
- **Total Carbohydrates (g)** - 186g maximum
- **Dietary Fiber (g)**- minimum of 14 g per 1000 calories
- **Protein (g)** - minimum 25g - 51g maximum

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.

<b>MEAL KITS</b>			
<b>Breakfast Meal Kits (Shelf Stable)</b>			
Potato & Sausage Breakfast Skillet Meal Kit (Homestyle Potatoes with Sausage, Bell Peppers & Onions)	8970-01-E62-4641	Heater meals	SKU 72970
Steel Cut Oatmeal Meal Kit (3 each of 4 varieties of oatmeal: Plain, Apple Cinnamon, Maple Brown Sugar and Blueberry & Cream)	8970-01-E62-2224	Heater meals	SKU 72960
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
<b>Lunch Meal Kits (Shelf Stable)</b>			
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) Cheese Lasagna, (3) Southwest Chicken & (3) Green Pepper Steak with Rice	8970-01-E61-8403	Heater Meals	71114

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	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 Ckn	8970-01-E62-0781	Valley Foods Vendor Code # 0362	SKU # HVPSS61
<b>Reception Station Meal Kit</b>			
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