

IMT Menu/Product Standards- FINAL

BREAKFAST Current DA PAM 30-22	NEW STANDARD Proposed DA PAM 30-22 for IMT	Menu Examples
Two 100% Juice Options; Orange Juice and another high in Vitamin C	Orange Juice fortified with Calcium (minimum of 300 mg per 8 oz serving) and Vitamin D (minimum of 100 IU per 8 oz serving). One juice high in vitamin C.	Orange Juice with Calcium & Vitamin D Apple Juice
Two Choices of Fresh Fruit	Two Choices of fresh fruit and one choice of dried fruit without added sugars. Bananas offered daily, when available. Offer precut (cut-up pieces or sectioned) fruit especially oranges.	Oranges (pre cut) Banana Raisins
One choice cooked cereal	One choice cooked cereal without added fats or sugars.	Grits, Cream of Wheat, or Oatmeal
Choice of 6 whole grain, ready-to-eat cold cereals, 3 of which must be without sugar coating...	A minimum of six ready-to-eat cereal choices will be provided. All cereal choices must be less than 35% of calories from sugar per serving. Cereal with dried fruit must be less than 40% of calories from sugar per serving. Four cereal choices must have a minimum of 8 grams of whole grain per serving. Two cereals must be 100% folate fortified (400 mcg) and two must be 50% iron fortified (9 mg). Folate and iron fortification requirements may be combined in one cereal. Bulk dispensing of the two highest volume cereal is recommended.	Whole grain cereal (2) Whole grain + 100% folate (2) Whole grain + 50% iron (2)
Eggs to order including assorted omelets. When customer demand warrants, cholesterol-free eggs may be offered.	Scrambled and hard boiled eggs offered. “To order” eggs to include omelets offered as possible options on Sundays and Holidays. Cholesterol-free eggs offered.	Scrambled eggs Hardboiled eggs Cholesterol free eggs Omelets (Sundays)
One grilled specialty item (griddlecakes, French toast, or waffles, with syrup)	One grilled specialty item (griddlecakes, whole grain French Toast, or whole grain waffles with syrup)	Pancakes Whole grain Waffles Whole Grain French Toast
Three breakfast meats. Bacon and creamed beef daily, and one additional breakfast meat.	Choice of three breakfast meats, one of which must be non-pork option, and one must be lower in fat (less than 12 g fat per serving for patties/links and less than 5 g of fat per serving for turkey bacon, Canadian bacon, center cut bacon). Non pork alternative can be the lower fat	Bacon Creamed beef Turkey breakfast patty (low fat) Chicken Sausage Link (low fat)

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	option.	
One potato/starch choice.	One starch choice such as potato or rice. Potato choice must be cooked using lower fat preparations methods (baked, grilled). Deep fat frying or cooking in oil is not an acceptable preparation method.	Baked Hash Browns
3 bread types will be available for toast. In addition, at least 1 of these three: biscuits, bagels, or English muffin.	Three bread types will be available. All sliced bread must be whole grain/whole wheat type (white with whole grains or whole wheat with at least 2.5 g fiber per serving) and at least one bread offered is fortified with at least 15% calcium (150 mg) , 6% folate (16 mcg) , and 4% iron (0.72 mg). In addition, one of the following will be available such as biscuits, bagels, English muffins, or small low-fat muffins (at least 2 oz, less than 30% of calories from fat, and at least 1 g fiber).	Whole grain white bread fortified w/ calcium, folate, iron Whole wheat bread Bagels
One breakfast pastry, consisting of a raised or cake doughnut, a sweet muffin, a sweet roll, or a pastry/Danish item.	No breakfast pastry items consisting of a raised or cake doughnut, a sweet muffin, a sweet roll, or a pastry/Danish item.	
Margarine or butter pats, choice of two or more spreads, plus jam or jelly	Trans fat free (zero grams of trans fat per serving) spread (instead of margarine) or butter pats, choice of two or more spreads, plus jelly or jam, salsa, peanut butter, and trail mix. Brown sugar is not an appropriate topping option.	Trans fat free spread or butter pats Jelly Salsa Peanut butter Trail Mix
Two flavors of individual or bulk low-fat yogurts	Two flavors of low fat (less than 3 g of fat per serving) individual yogurt (at least 4 oz but no more than 8 oz) or bulk low fat (less than 3 g of fat per serving) yogurts.	Low fat strawberry yogurt Low fat peach yogurt

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LUNCH/DINNER Current DA PAM 30-22	NEW STANDARD Proposed DA PAM 30-22 for IMT	Menu Examples
<p>One soup, either cream or broth based. The type will vary from day-to-day. Lunch soup offerings are acceptable for use at dinner as long as they complement the meal.</p>	<p><i>(Optional)</i> Offer one reduced sodium soup per day either cream or broth based, based on customer demand and/or to complement meal.</p> <p>Provide broth based soup for field feeding specific to cold weather months.</p>	
<p>2 main entrée choices must be provided. 3 are desirable. An entrée will be prepared by either baking or roasting, to meet the reduced fat and calorie needs of customers. When 3 entrée choices are offered, one of them must be a low cost casserole type entrée.</p>	<p>Two main entrees choice must be provided. Three are desirable. At least one entrée will be non-pork. Entrées will be prepared by either baking, grilling or roasting and served without added fat to meet the reduced fat and calorie needs of customers. Deep fat frying is not an acceptable preparation method. Vegetarian or meatless entrée option will be offered to the degree requested by the customer. Vegetarian entrees that are rice, pasta, or potato based may be served as side items in smaller/ half sized portions.</p> <p>Fish served at a minimum of three times per week as a main entrée (at least one time at lunch and two times at dinner). At least one fish high in omega 3 (salmon, tuna, trout, herring, mackerel, sardines) will be served per week</p> <p>Only lean ground beef and lean ground turkey (fat content not to exceed 10%) with no fillers or extenders</p>	<p>Herbed Baked Chicken Pepper Steak (non pork) Spinach Lasagna (veg/non pork/casserole)</p>
<p>One or more appropriate sauce or gravy to accompany entrees.</p>	<p>If appropriate one or more sauces or gravies to accompany entrees. Serve gravy on the side unless it is an integral part of the recipe.</p>	<p>Chicken Gravy</p>
<p>A choice of potato and an additional starch</p>	<p>Potato and starch choice cooked using lower fat preparations methods (baked, grilled, etc). Deep fat frying or cooking in oil is not an acceptable preparation method.</p>	<p>Mashed Potatoes Multigrain Rice</p>

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	<p>Pasta must be whole grain or nutrient enriched. When rice is an option, use multigrain or wild rice when appropriate to recipe or to complement menu.</p> <p>At least one option should not be prepared/served in a cream sauce.</p>	
<p>2 dark green or deep yellow cooked vegetables. One additional vegetable is optional.</p>	<p>Two hot vegetables per meal, one of which must be non-starchy and a good source of vitamin A or vitamin C (colorful, dark leafy and deep yellow, orange and red vegetables including carrots, squash, tomatoes, zucchini, spinach, greens, and broccoli). One additional vegetable is optional.</p> <p>Legumes and beans served at least three times per week.</p> <p>No more than one starchy vegetable at lunch and dinner meals. Starchy vegetables include corn, peas (black-eyed , green), beans (baked beans, black beans, chick peas, garbanzo, kidney, lima, navy, pinto refried beans)</p>	<p>Carrots Green Beans</p>
<p>Two Choices of Fresh Fruit</p>	<p>Two Choices of fresh fruit and one choice of dried fruit without added sugars. Offer precut (cut-up pieces or sectioned) fruit especially oranges.</p>	<p>Apples Oranges (pre cut)</p>
<p>3 bread types will be the minimum. Plus, one selection of hot rolls, cornbread, garlic bread, or biscuits will be offered to complement entrée</p>	<p>Three bread types will be available. All sliced bread must be whole grain/whole wheat type (white with whole grains or whole wheat with at least 2.5 g fiber per serving) and at least one bread offered is fortified with at least 15% calcium (150 mg) , 6% folate (16 mcg), and 4% iron (0.72 mg). Plus, one selection of hot rolls, cornbread, garlic bread, or biscuits will be offered to complement entrée</p>	<p>Whole grain white bread fortified w/ calcium, folate, iron Whole wheat bread Hot Rolls</p>
<p>Margarine or butter pats, choice of two or more spreads, plus jam or jelly</p>	<p>Trans fat free (zero grams trans fat per serving) spread (instead of margarine) or butter pats, choice of two or more spread, plus jelly or jam, salsa, peanut butter, and</p>	<p>Trans fat free spread or butter pats Jelly Peanut butter</p>

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	trail mix.	Salsa Trail Mix
Two flavors of individual or bulk low-fat yogurts	Two flavors of low fat (less than 3 g of fat per serving) individual yogurt (at least 4 oz but no more than 8 oz) or bulk low fat (less than 3 g of fat per serving) yogurts.	Low fat strawberry yogurt Low fat peach yogurt
At least 4 different dessert choices that vary daily (such as cookies, cake, pie, low-fat ice cream/yogurt, gelatin and/or pudding).	<p>At least 4 different dessert choices that vary daily such as canned fruit [light syrup or packed in own juice], angel food cake, bar cookies (less than 150 calories and less than 5 g of fat per serving) small low-fat muffins (less than 30% of calories from fat, and at least 1 g fiber), fruit parfaits, fruit salad, low-fat ice cream/frozen yogurt (less than 4 g of fat and less than 120 calories per serving), gelatin and/or pudding (less than 30% of calories from fat).</p> <p>Pastry items such as cake, cookies, and pie will only be included in holiday menus or End of Cycle celebratory meal.</p>	<p>Canned fruit (light syrup) Angel Food Cake Small Low-Fat muffin Low fat ice cream</p>

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Modified Short Order Current DA PAM 30-22	NEW STANDARD Proposed DA PAM 30-22 for IMT	Menu Examples
Grilled hamburgers, cheeseburgers, and frankfurters.	Grilled hamburgers (precooked at least 85/15 ground beef, from raw 90/10 lean ground beef), cheeseburgers, grill cheese (made on whole grain bread with no butter on bread, use non-stick cooking spray on grill), other specialty sandwiches to include deli subs using deli bar guidelines may be offered. Frankfurters or link type meats will not be served.	Grilled Hamburgers Cheeseburgers Grill Cheese
French fries, onion rings, and assorted chips and pretzels.	Baked French fries to include sweet potato fries, assorted baked chips/crackers, and pretzels.	Baked French Fries Assorted Baked Chips/Crackers Pretzels
Accompaniments and condiments	No change. Sliced tomatoes, onions, pickles, lettuce leaves, catsup, mayonnaise, mustard, relish, and salad dressing	Sliced tomato Onions Pickles Lettuce leaves Catsup Mayonnaise Mustard Relish Salad dressings

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DELI BAR Current DA PAM 30-22	NEW STANDARD Proposed DA PAM 30-22 for IMT	Menu Examples
<p>Standard deli bar will consist as a minimum of 3 deli meat choices (ham, turkey, and roast beef), 2 cheese choices (American and Swiss) and 3 different choices of bread or rolls. It is recommended that the bread and roll choices be of the quality described as “hearty” or “earth grained”.</p>	<p>Standard deli bar will consist as a minimum of 3 lean deli meat choices (lean ham, lean turkey, and lean roast beef), two sliced cheese choices (American, Cheddar/Colby, Provolone, Pepper/Monterey Jack, or Swiss) and 3 different bread choices (whole grain/whole wheat type breads or rolls [white with whole grains or whole wheat with at least 2.5 grams fiber per serving])</p> <p>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</p> <p>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.</p>	<p>Ham Turkey Roast Beef American Cheese Swiss Cheese Whole grain breads (3 choices)</p>
<p>Accompaniments and condiments</p>	<p>Sliced tomatoes, onions, pickles, dark green leafy lettuce leaves, sliced cucumbers, sliced green or red peppers, low fat mayonnaise, mustard, relish, and salad dressing</p>	<p>Sliced tomato Onions Pickles Dark green leafy lettuce leaves Sliced cucumbers Sliced peppers (green or red) Mayonnaise, Salad dressings Mustard Relish</p>

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SALAD BAR Current DA PAM 30-22	NEW STANDARD Proposed DA PAM 30-22 for IMT	Menu Examples
<p>Standard salad bar will consist of a leafy green salad, and 10 fresh toppings such as carrots, radishes, tomatoes, cucumber, green pepper, onion, mushrooms, and so forth. The salad bar will also contain 5 separate salad dressings choices (regular), and 2 low-fat or fat-free. A selection of oil and vinegar will also be offered.</p>	<p>Salad bar will consist of a leafy green salad in which 50% is dark green leafy vegetables (such as romaine or spinach), and a second leafy green salad in which 50% is dark green leafy vegetables will be offered in which the hard vegetables (such as broccoli, cauliflower, carrots, and radishes) will be mixed into the leafy green salad, and 10 toppings such as tomatoes, cucumber, green pepper, onion, mushrooms (canned), low fat cottage cheese, legumes, pumpkin seeds, and so forth. At least one legume and either pumpkin or sunflower seeds will always be included in the topping options.</p> <p>The salad bar will also contain 7 separate salad dressings choices-two choices of regular salad dressing and five choices of low-fat salad dressing.</p> <p>A selection of salad oil such as canola, olive, sesame, or blends of these oils will be offered. A selection of vinegar such as apple cider, balsamic, red, or white vinegar will also be offered.</p> <p>Mayonnaise based salads must use lower fat mayonnaise or lower fat salad dressings.</p>	<p>Leafy green salad Hard vegetable leafy green salad 10 toppings (legume, sunflower seed + 8 other toppings) Two Regular Salad dressings Five low fat salad dressings Salad Oil (canola, olive or blends of these) Vinegar (red wine, apple cider, white) Low fat mayo based prepared salads</p>

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STANDARD BEVERAGES Current DA PAM 30-22	NEW STANDARD Proposed DA PAM 30-22 for IMT	Menu Examples
<p>Standard beverage choices are a variety of carbonated beverages, juice blends, noncarbonated flavored drinks, coffee, tea (hot and iced), milk, and water. Decaffeinated coffee and hot tea will be offered based on customer preferences. The primary dairy choice will be 1% fat, fresh white milk. Other dairy choices will be offered depending on customer demand.</p>	<p>Hydration stations to include water (not bottled), minimum of two 100% juice/ juice blends, minimum of one flavored no-sugar beverage base vitamin-mineral enhanced BIB (100% DV for vitamin C, 25% DV for vitamin B5, vitamin B6, and niacin; 4% DV for vitamin B12), flavored no-sugar beverage base, unsweetened iced tea, coffee (regular and decaf), hot tea, and hot chocolate. Carbohydrate electrolyte beverages (carbohydrate, sodium, and potassium requirements as stated per AR 40-25) are optional in garrison.</p> <p>1% fat fresh pasteurized white milk, skim white milk, and low fat chocolate milk fortified with vitamin A and vitamin D will always be available in garrison. Cartons of skim white milk and low fat chocolate milk pasteurized and fortified with vitamin A and D will be provided for field feeding. Other dairy choices such as lactose free milk will be offered depending on customer demand.</p> <p>No sodas (regular or diet) will be served.</p>	<p>Water (fountain, tap) 1% fat white milk Skim white milk Low fat chocolate milk 100% juice or 100% juice blends Flavored no sugar vitamin-mineral enhanced beverage base Flavored no sugar beverage base Carbohydrate-electrolyte beverage (optional) Coffee Hot tea</p>

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RECOMMENDATION	NEW STANDARD Proposed DA PAM 30-22 for IMT
Provide recovery snack such as a granola bar that contains a blend of CHO and Protein (include a second option that is high in iron to be provided to females).	Offer BCT /OUST Soldiers recovery snack such as granola bar which will have a minimum of 28-30 g carbohydrate, 8-9 g protein, 3-5 g fat, and a minimum of 10% Daily Value for iron (if available).