

**UNITED STATES ARMY**  
**FOOD PROGRAM**  
**IMPLEMENTATION GUIDE FOR**  
**INITIAL MILITARY TRAINING**  
**SOLDIER FUELING INITIATIVE**

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## Summary of Changes

This revision—

- Updates the Julian calendar; see Enclosure 3
- Updates the salad bar standards
- Updates the potato bar toppings
- Updates the Holiday/Special meals requirements and observances
- Updates the required bread type for grilled cheese
- Updates the menu guidance for Advance Individual Training (AIT) short order
- Updates the name change from DOL to Logistics Readiness Centers
- Updates the frequency of eggs to order for AIT
- Updates the consideration of first usage for portion control containers
- Updates the desserts for Basic Combat Training (BCT) and AIT dining facilities
- Updates menu changes
- Updated Appendix B
- Added verbiage from TRADOC Regulation 350-6 and AR 600-9
- Added information concerning m-NEAT
- Added placement of salt/pepper and MSG free seasoning within dining facilities
- Removed Appendixes C and D



## GENERAL INFORMATION

The Implementation Guide for the Initial Military Training (IMT) Soldier Fueling Initiative (SFI) is intended to be the guide of Operating Procedures for the Army Food Program (DA PAM 30-22). The SFI is an Army program developed to establish a feeding (“fueling”) standard for Soldiers in IMT. It encompasses DOD nutrition standards, nutritional education, menu development, product selection, and preparation and serving standards. The SFI is designed to improve readiness and increase IMT Soldier fitness and performance while addressing the problems of poor nutrition awareness and practices and their long-term effects health and fitness. There are several tenets of the SFI, including:

- Modified application of Army Garrison Menu Standards to promote healthier eating.
- Prescribed standardized menus, recipes, preparation methods, and portion sizes for use among all IMT dining facilities (DFACs).
- Nutrition education emphasizing the links between diet, performance, and long-term health.
- Clear identification of healthier and less healthy options to aid in diner selection of appropriate choices.
- Marketing of the program to maintain awareness of nutrition, appropriate food and beverage choices, and both short and long term performance and health.

## POLICY

The SFI is a standardized program that is mandatory for use in all IMT DFACs. The pending revisions to Army Food Program policy (AR 30-22) and procedure (DA Pam 30-22) publications will reflect the guidance contained in this document. TRADOC regulation 350-6, Enlisted Initial Entry Training Policies and Administration, provides guidance and information to Commanders on the SFI program.

The following installations with IMT dining facilities will implement the SFI program:

Fort Benning (BCT, OSUT)	Fort Eustis (AIT)	Fort Lee (AIT)
Fort Jackson (BCT, AIT, OSUT)	Fort Gordon (AIT)	Fort Rucker (AIT)
Fort Leonard Wood (BCT, AIT, OSUT)	Fort Huachuca (AIT)	Fort Sam Houston (AIT)
Fort Sill (BCT, AIT, OSUT)		

## CYCLE MENU

The objective of a standardized cyclic menu planning is to form a basis for food purchasing and production and to provide consistency and uniformity across all IMT dining facilities. Breakfast menus 1-7 rotate every week and lunch and dinner menus will rotate every five weeks (1-35 days). The standardized menu also includes a sandwich deli bar, a salad bar, a fitness bar, dessert selections, and beverages (hydration stations). Soups and specialty bars are optional menu components. Short order menus are incorporated once a week into the menu cycle for Basic Combat Training (BCT)/One Station Unit Training (OSUT) dining facilities. Short order menus will be incorporated seven days a week, at dinner meals for Advanced Individual Training (AIT) dining facilities. The standardized menu is located on the JCCoE website under Quality Assurance Division and clicking on the Nutrition Information tab or by pasting the URL below into web browser:

[http://www.quartermaster.army.mil/jccoe/Operations\\_Directorate/QUAD/nutrition/nutrition\\_main.html](http://www.quartermaster.army.mil/jccoe/Operations_Directorate/QUAD/nutrition/nutrition_main.html)



### SPECIAL CONSIDERATIONS FOR MENU PLANNING

In addition to providing appealing and balanced menus for the general population, the IMT menu complements and supports menu planning for various special dietary considerations. Listed below are examples of special dietary considerations and how the IMT menu supports each. It is important to remember the ultimate control of food selection rests with the individual customer.

**Vegetarianism:** The IMT Menu supports choices for a vegetarian diet by providing a variety of ordinary foods and by using whole grain cereal and breads, a variety of legumes and nuts, plenty of fruits and vegetables. Vegetarianism is a meatless eating regimen with a variety of applications. For example, some vegetarians include dairy products and eggs in their diet while others abstain from the use of all foods of animal origin. Vegetarian entrees and sides are offered at each meal to expand variety to all diners well beyond the salad bar.

**Religious Restrictions:** This menu supports religious dietary instructions that restrict the use of certain foods by ensuring that acceptable and appealing alternative choices are available.

**Calorie Consciousness:** For those diners who are on a weight loss or weight control diet, the overall caloric value of the menu is kept to a modest level by choosing foods that are low to moderate in calories and fat. Managers must ensure preparation and service of the planned items are done in accordance with the designated standard recipes. Baking, broiling, or steaming are preparation methods that preserve nutrient content of food and keep calories and fat at moderate levels. Smaller portions should be the option of the customer.

### RECIPES

The menu includes recipes from the Armed Forces Recipe Service TM 10-412 commonly referred to as the Recipe Cards. With the ever increasing pace of food service and new production technology there are a growing variety of pre-made products on the market; however, Food Program Managers (FPM) are encouraged to use the basic recipes as “fresh is best.” Food Program Managers have the discretion to use vendor prepared pre-made products that fit the recipe intent and the menu/nutrition standards only in mission essential situations such as a “back up” or staffing is low due to weather, emergency, etc. Prior to using pre-made items the Installation Dietitian will provide nutrition guidance on product selection.

The following factors should be taken into consideration prior to approving a pre-made item

1. Price: Per individual serving; pre-made items usually cost more than the scratch product.
2. Nutrition: Pre-made items tend to have increased levels of sodium, fat, and sugar. Consult with Installation Dietitian on nutritional guidance and see menu standards starting on page seven (7) of this guide.
3. Consistency: Premade items tend to have more consistent quality in terms of flavor, texture, and appearance than scratch products.
4. Staffing/Labor: Pre-made items generally require less manning for preparation.

\*\*\*Refer to Appendix B for recipe modifications.



### **BREADED/PAR-FRIED PRODUCTS**

Vendor pre-prepared breaded and par-fried products that are intended to be baked are permitted when indicated by menu and/or recipe; however, when choosing pre-made breaded or par-fried products, consult Installation Dietitian on nutritional parameters as these products tend to have increased levels of fat, and sodium. Be sure to obtain all information from vendor on cooking instructions, cooking times, and holding times which can provide critical information on the usefulness of this product within your operation.

### **FISH**

Several different types of white fish products are on the IMT menu. Due to seasonality, availability, and pricing of certain white fish species, the installation has the discretion to use another type of white fish if the one on the IMT menu is not available. For example, if the menu states Caribbean flounder and you want to change it to Caribbean Pollock that is acceptable. As long as the menu intent is met and the change in product is vetted through your Food Service Management Board process. However, if salmon is on the menu, salmon should be served as it is one of the best sources of Omega-3.

### **SUBSISTENCE PRIME VENDOR (SPV) ITEM AVAILABILITY**

Your SPV is required to provide all products to meet your feeding standards. If the SPV does not carry products to support your menu then they will have to bring the new source in to support your feeding operations. Use the ACES OD Buying Guide for cutting products and providing direction on getting new products sourced by your SPV. The buying guide is located on the JCCoE website at: [http://www.quartermaster.army.mil/jccoe/Operations\\_Directorate/CSPD/buyers\\_guide.pdf](http://www.quartermaster.army.mil/jccoe/Operations_Directorate/CSPD/buyers_guide.pdf) and [http://www.quartermaster.army.mil/jccoe/Operations\\_Directorate/CSPD/buyers\\_guide\\_index.pdf](http://www.quartermaster.army.mil/jccoe/Operations_Directorate/CSPD/buyers_guide_index.pdf). It must be noted that your DLA-TROOP SUPPORT contract with the SPV might have a case minimum requirement that you must meet in order to get new products not currently supported in SPV warehouse or catalog. If you have problems with your SPV or they are unable to provide an item call ACES OD QUAD, (804) 734-3005/3366 for further assistance/guidance.

### **EQUIPMENT**

The process for purchasing and replacing foodservice equipment remains the same. Each installation is responsible for submitting equipment requirements to their Logistic Readiness Centers (LRC) to Army Field Support Brigade (AFSB) to Army Sustainment Command (ASC) or to the Joint base service lead (Air Force, Navy, or Marines) annually for funding and projecting requirements for equipment replacement in advance. Food Program Managers are encouraged to submit Un-Financed Requirements (UFR) for year end funds for needed equipment that was not funded to their respective LRCs.

### **IMT SOLDIERS IN PERMANENT PARTY DINING FACILITIES (DFACs)**

In some instances, due to foodservice operations and feeding missions IMT Soldiers may have to utilize permanent party DFACs. If possible, the SFI menu should be provided to the IMT Soldiers depending upon the following factors: number of serving lines available (if separate serving lines and separate seating areas are available for IMT and permanent party), number of IMT Soldiers that plan to utilize the permanent party DFAC, the length of time IMT Soldiers will be utilizing the permanent party DFAC, and the capability of the permanent party DFAC to serve the IMT menu and permanent party menu.



## MENU STANDARDS

Menu combinations offered at each meal must provide variety, contrast in texture, flavor, and color. Ensure menu selections available at the beginning of the meal are available throughout the meal.

### BREAKFAST

Breakfast meal patterns will include the following on a daily basis:

#### 1. Beverages (Hydration Stations):

- a. Pasteurized skim or nonfat white and chocolate milk, 1% white milk, and low fat chocolate milk; all must be fortified with vitamin A and vitamin D
- b. Two 100% Juice Options or 100% Juice Blends
  - i. 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)
  - ii. Another juice high in Vitamin C
- c. Minimum of one no-sugar beverage base vitamin-mineral enhanced water Bag in Box (BIB) with vitamin C [minimum of 50% Daily Value ( DV), maximum of 100% DV]; vitamin B5, B6, and niacin [minimum of 10% DV, maximum of 25% DV]; and vitamin B12 [minimum of 4% DV, maximum of 10% DV]
- d. Unsweetened iced tea and hot tea
- e. Coffee (regular and decaf)
- f. Hot chocolate
- g. Vegetable juice or tomato juice, preferably low sodium [vegetable juices mixed with fruit juice are **not** acceptable]
- h. *(Optional)* No-sugar beverage base (dispenser and/or BIB)
- i. *(Optional)* Diet tea/ Flavored diet tea (dispenser and/or BIB)
- j. *(Optional)* Carbohydrate electrolyte beverages [per 8 ounce serving must contain 11-19 grams carbohydrate, 55-160 mg sodium, and 20-55 mg potassium]
- k. Based on customer demand, offer lactose free milk and/or soy milk fortified with calcium, vitamin A and vitamin D.
- l. **Sodas (regular or diet) will NOT be offered.**

#### 2. Fruit:

- a. Two choices of whole fresh fruit. Bananas offered daily, when available.
- b. Offer precut (cut pieces or sectioned) fruit, especially oranges.
- c. One choice of dried fruit without added sugars.
- d. One choice canned or frozen fruit (light syrup or own juice).
- e. Seasonal fruits offered as much as possible when available.

#### 3. Cereal:

- a. One cooked cereal choice without added fat or sugars.
- b. A minimum of six ready-to-eat cereal choices will be provided. All cereal choices must have less than 35% of calories from sugar per serving. Cereal with dried fruit must have 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, and more bulk choices may be offered.

4. **Eggs:**
  - a. All eggs will be fresh or pasteurized liquid product. No pre-made eggs of any type shall be used.
  - b. Offer scrambled eggs, hardboiled eggs, and cholesterol free eggs daily.
  - c. Eggs to order may include omelets with ingredients/fixings such as peppers, onions, tomatoes, mushrooms, spinach, etc, as well as traditional ingredients such as cheese, lean meats, etc. Vegetable ingredients/fixings for eggs to order must be available.  
\*\* **BCT**-Eggs to order including omelets are offered **only** on Sundays and Holidays.  
\*\***AIT**-Eggs to order, including omelets, will be offered on weekends and Holidays.
5. **Grilled Specialty Breads:** Offer one grilled specialty item such as griddlecakes/pancakes, whole grain French toast, or whole grain waffles with syrup on the side.
6. **Breakfast Meats:** 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 option.
7. **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.
8. **Bread:** Three bread types will be available.
  - a. 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).
  - b. At least 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).
  - c. In addition, one of the following will be available such as biscuits, bagels, English muffins, fruit breads, or small low-fat muffins (1.5 to 3 ounces, less than 30% of calories from fat, and at least 1 g fiber).
9. **Breakfast Pastry:** Small low-fat muffins are permitted but must meet nutrition standards as stated in paragraph 8.c. of this guide. Examples of excluded items include a raised or cake doughnut, a sweet full-fat muffin, a sweet roll, toaster pastry, pastry/Danish item.
10. **Yogurt:** At a minimum offer 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.
11. **Condiments/Toppings:** Offer condiments in portion control containers, bag in a box pump, or bottles. Ensure the choice made best suites the needs of your dining facility based on cost, sanitation, etc. after accessing operations. Also, ensure the choice made does not result in complaints about condiments not being readily available or not visible to the diner. 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.



- a. Butter, and/or Trans-Fat free liquid margarine spread
- b. Sugar, Brown Sugar and Artificial sweetener
- c. Salt and Pepper and Sodium free seasonings in shakers with no monosodium glutamate (MSG) or individual packets will be placed either on the dining table or on the serving line readily available for diner use based on your dining facility operation assessment.
- d. Catsup, hot sauce, mayonnaise, mustard, relish
- e. Jams or Jelly; offer one fruit spread or low sugar jelly/jam
- f. Syrup
- g. Two or more spreads (e.g. low fat cream cheeses, honey)
- h. Peanut butter
- i. Salsa
- j. Trail mix

### LUNCH/DINNER

Lunch and Dinner meal patterns will include the following on a daily basis:

#### 1. Beverages (Hydration Stations):

- a. Pasteurized skim or nonfat white and chocolate milk, 1% white milk, and low fat chocolate milk; all must be fortified with vitamin A and vitamin D
- b. Two 100% Juice Options or 100% Juice Blends
- c. Minimum of one no-sugar beverage base vitamin-mineral enhanced water Bag in Box (BIB) with vitamin C [minimum of 50% Daily Value (DV), maximum of 100% DV]; vitamin B5, B6, and niacin [minimum of 10% DV, maximum of 25% DV]; and vitamin B12 [minimum of 4% DV, maximum of 10% DV]
- d. Unsweetened iced tea and hot tea
- e. Coffee (regular and decaf)
- f. Hot chocolate
- g. Vegetable juice or tomato juice, preferably low sodium [vegetable juices mixed with fruit juice are **not** acceptable]
- h. *(Optional)* No-sugar beverage base (dispenser and/or BIB)
- i. *(Optional)* Diet tea/ Flavored diet tea (dispenser and/or BIB)
- j. *(Optional)* Carbohydrate electrolyte beverages [per 8 ounce serving must contain 11-19 grams carbohydrate, 55-160 mg sodium, and 20-55 mg potassium]
- k. Based on customer demand, offer lactose free milk and/or soy milk fortified with calcium, vitamin A and vitamin D.
- l. **Sodas (regular or diet) WILL NOT be offered.**

#### 2. Soups:

- a. *(Optional)*-Offer one reduced sodium soup per day either cream or broth based, based on customer demand and/or to complement meal.
- b. Provide broth based soup for field feeding specific to cold weather months.

#### 3. Entrees: Two main entrees choice must be provided. Three are desirable.

- a. Entrées will be prepared by either baking, grilling or roasting and served without added fat. Entrees will not be deep fat fried as this is not an acceptable preparation method.
- b. At least one entrée will be non-pork.
- c. 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.



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- d. Only lean ground beef (fat content not to exceed 10%) and ground turkey (fat content not to exceed 15%) with no fillers or extenders will be used in recipes.
  - e. Vegetarian or meatless entrée option will be offered to the degree requested by the customer.
  - f. Vegetarian entrees that are rice, pasta, or potato based may be served as side items in smaller/ half sized portions.
4. **Sauces/Gravies:** As appropriate offer one or more sauces or gravies to accompany entrees. Serve gravy on the side unless it is an integral part of the recipe.
5. **Potato/Starch Sides:** Offer a choice of potato and an additional starch choice.
- a. At least one option should not be prepared/served in a cream sauce.
  - b. Pasta must be whole grain or nutrient enriched.
  - c. When rice is an offered, maximize the use of multigrain or wild rice unless the flavor profile is not appropriate to the recipe or does not complement the menu.
  - d. These sides should be cooked using lower fat preparations methods (baked, grilled, etc). Deep fat frying or cooking in oil is not an acceptable preparation method.
6. **Vegetables:** Two hot vegetables per meal.
- a. One of the two vegetables 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).
  - b. One additional vegetable is optional.
  - c. Legumes and beans served at least three times per week.
  - d. 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)
7. **Fruit:**
- a. Two choices of whole fresh fruit.
  - b. Offer precut (cut pieces or sectioned) fruit, especially oranges.
  - c. One choice of dried fruit without added sugars.
  - d. One choice canned or frozen fruit (light syrup or own juice).
  - e. Seasonal fruits offered as much as possible when available.
8. **Breads:** Three bread types will be available.
- a. 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)
  - b. At least 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).
  - c. One selection of hot rolls, cornbread, garlic bread, or biscuits will be offered to complement the entrée.
9. **Yogurt:** At a minimum offer 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.



10. **Desserts:** “Sugar-free” or sugar-substitute (artificial sweeteners) based type desserts **ARE NOT acceptable and WILL NOT be served.**

- a. BCT: At least 4 different dessert choices that vary daily such as the following:
- i. Canned fruit [light syrup or packed in own juice]
  - ii. Angel food cake
  - iii. Bar cookies (less than 150 calories and less than 5 g of fat per serving)
  - iv. Small low-fat muffins (1.5 to 3 ounces, less than 30% of calories from fat, and at least 1 g fiber)
  - v. Fruit parfaits
  - vi. Fruit salad
  - vii. Low-fat ice cream/frozen yogurt (less than 4 g of fat and less than 120 calories per serving)
  - viii. Gelatin
  - ix. Pudding/ pudding parfaits (less than 30% of calories from fat)

**\*\* Pastry items such as cakes, cookies, and pies will only be included in holiday menus.**

- b. AIT: At least 4 different dessert choices that vary daily:

- i. **Seven days a week, at lunch and dinner, three** dessert choices will be lower in fat and **one** will be a regular dessert choice. Follow lower fat dessert standards as outlined above for BCT.
- ii. Regular dessert standards:
  - a. Cookies (maximum serving size of 2.5 ounces or serving size per recipe card if smaller)
  - b. Pies (preferably 9-inch) cut in smaller slices (cut in 10-slices instead of 8)
  - c. Cakes and brownies with no frosting (cut 8 by 10 instead of 6 by 9). Acceptable toppings for plain cakes: drizzled/swirled glaze, fruit topping, low-fat whip cream, dusting of powdered sugar or cocoa.
  - d. Cobblers/crisps (serving size per recipe card)

11. **Condiments/Toppings:** Offer condiments in portion control containers, bag in a box pump, or bottles. Ensure the choice made best suites the needs of your dining facility based on cost, sanitation, etc. after accessing operations. Also, ensure the choice made does not result in complaints about condiments not being readily available or not visible to the diner. 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.

- a. Butter, and/or Trans-Fat free liquid margarine spread
- b. Sugar, Brown Sugar and Artificial sweetener
- c. Salt and Pepper and Sodium free seasonings in shakers with no monosodium glutamate (MSG) or individual packets will be placed either on the dining table or on the serving line readily available for diner use based on your dining facility operation assessment.
- d. Catsup, hot sauce, mayonnaise, mustard, relish
- e. Jams or Jelly; offer one fruit spread or low sugar jelly/jam
- f. Two or more spreads (e.g. low fat cream cheeses, honey)
- g. Peanut butter



- h. Salsa
- i. Trail mix

### SHORT ORDER

#### 1. BCT short order incorporated into cycle menu

- a. Grilled hamburgers or cheeseburgers (patties at least 85/15 ground beef, from raw 90/10 lean ground beef), turkey burgers (patties with all white meat, from raw 90% lean), grilled cheese (made on “whole wheat-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 and other link type meats will not be served.**
- b. Baked French fries to include sweet potato fries.
- c. Assorted **baked** chips/crackers, and pretzels.
- d. Accompaniments: Sliced tomatoes, onions, pickles, lettuce leaves, catsup, mayonnaise, mustard, relish, and salad dressing.

2. AIT short order 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 is served. In order to have an appropriate short order line, dining facility managers will use the standardized AIT short order menu on the JCCoE website.

- a. Grilled hamburgers or cheeseburgers (patties at least 85/15 ground beef, from raw 90/10 lean ground beef), turkey burgers (patties with all white meat, from raw 90% lean), grilled cheese (made on “whole wheat-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 and other link type meats (all or 100 percent meat such as turkey, chicken, beef, etc.) will be served based on the menu guidance. **(Frankfurters being served should not exceed 5 count/1 lb. when serving size is one. Two is served when 6/1 or 8/1 is used.)**
- b. 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.
- c. Assorted **baked** chips/crackers, and pretzels.
- d. Baked french fries and/or baked sweet potato fries.
- e. *(Optional)* Offer raw vegetables such as carrot sticks, or fruit cups/fresh fruit on the short order serving line.

### STANDARD DELI BAR

- 1. **Deli Meats:** Minimum of three lean deli meat choices (lean ham, lean turkey, and lean roast beef):
  - a. Lean Ham per 86 g (3 oz) serving less than 95 calories, 3.5 g fat, and less than 1,000 mg sodium
  - b. Lean Turkey per 86 g (3 oz) serving less than 85 calories, 1.5 g fat, and less than 900 mg sodium.
  - c. Lean Roast Beef per 86 g (3 oz) serving less than 105 calories, 3 g fat, less than 1,050 mg sodium.
  - d. High fat deli meats to include, bologna and salami are **not acceptable** deli bar meat choices and will not be offered.



- e. Deli sandwich salads such as tuna, chicken and egg salads made with low fat mayo and/or salad dressing may be offered. The choices should be rotated on customer demand/preference.
- 2. **Cheeses:** Minimum of two sliced cheese choices (American, Cheddar/Colby, Provolone, Pepper/Monterey Jack, or Swiss)
  - a. 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.
  - b. Reduced fat and low fat cheeses are acceptable.
  - c. Imitation and fat free cheeses are not acceptable.
- 3. **Breads:** Minimum of three different bread choices (whole grain, whole wheat with at least 2.5 grams fiber per serving, white with whole grains). Rolls and wraps may be offered but must be whole grain.
- 4. **Accompaniments:** Sliced tomatoes, onions, pickles, dark green leafy lettuce leaves, sliced cucumbers, sliced green or red peppers, low fat mayonnaise, mustard, relish, and salad dressing
- 5. Assorted **baked** chips/crackers, and pretzels.

**STANDARD SALAD BAR**

- 1. 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.
- 2. A minimum of 10 fresh toppings will be offered and can be selected from the following:

Tomatoes; cherry or wedged	Mushrooms; NOT canned
Radishes	Sweet Peppers; red, yellow or green
Carrots; baby, sliced, shredded, or sticks	Cucumbers
Celery; sliced or sticks	Zuchinni
Cauliflower Florets	Yellow Squash
Broccoli Florets	Red or Green Cabbage; shredded
Red or White Onions; sliced or chopped	Scallions
Snow Peas	Jicama

\*\*When making selections on desired toppings to serve consider seasonal selections and diner preference.

- 3. At least one legume and either pumpkin or sunflower seeds will always be included on the salad bar (this is not considered a fresh topping).



4. Additional toppings that can be offered at diners preference are:

Green Olives; these are lower in sodium	Tofu
Feta Cheese	Chicken
String Cheese	Tuna; waterpacked
Cottage Cheese; reduced or low fat	Chickpeas
Hardboiled Eggs	Waterchestnuts
Quinoa	Almonds
Blueberries	Ham
Shredded Cheddar Cheese; reduce or low fat	Shredded Mozzarella Cheese; reduced or low fat

\*\*When making selections on desired toppings to serve consider diner preference.

5. Seven separate salad dressings choices-
  - a. Two choices of regular salad dressing
  - b. Five choices of low-fat/light salad dressing (low fat is preferred over no-fat/fat free)
6. A selection of salad oil such as canola, olive, sesame, or blends of these oils will be offered.
7. A selection of vinegar such as apple cider, balsamic, red, or white vinegar will be offered.
8. Mayonnaise based salads prepared using the recipe cards must use lower fat/light mayonnaise or lower fat/light salad dressings.

**SPECIALTY BARS**

Specialty bars 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 are not required and are optional based on local SOP that has been approved by the FPM and Installation Dietitian. If offered, the specialty bars will provide the following:

**Pasta Bar:**

Minimum of one (1) pasta type, preferably two (2) pasta types with one being of whole grain variety (spaghetti, rotini, etc.)  
 Red/Marinara Sauce  
 White sauce or Low Fat Alfredo

**Potato Bar**

Baked Potatoes  
 Chopped Broccoli (steam prior to serving)  
 Chopped Onion  
 Shredded Cheese (reduced or low fat)  
 Cheese Sauce  
 Sour Cream (reduced or low fat)

**Taco Bar:**

Taco Shells or Tortilla Wraps/ combination of both  
 Ground Beef (90/10)  
 Shredded Lettuce  
 Chopped Onion and Tomatos  
 Shredded Cheese (reduced or low fat)  
 Cheese Sauce  
 Sour Cream (low fat)  
 Salsa



**HOLIDAY/SPECIAL MEALS**

Holiday meals are included in the menu plan; however, installations have the discretion and flexibility to modify (scale down menus) the IMT holiday/special meal menus or JCCoE Holiday menus based on foodservice operations and budget. Special meals, such as End of Cycle Celebratory meals, are not required and are at the discretion of the installation and operating budget. Any changes to the IMT Holiday/special meal menus or JCCoE Holiday menus will be coordinated six (6) weeks prior to the event with the JCCoE QUAD Dietitian in written format. Managers should check the JCCoE website for updates to Holiday meal menus. Special observances, with month long observance, are to be celebrated installation-wide on the day set by the installation for that observance causing deviation from the cyclic menu for only once that month.

<b>JANUARY</b>		<b>MAY</b>		<b>SEPTEMBER/OCTOBER</b>
NEW YEAR'S DAY		ASIAN PACIFIC MONTH		NATIONAL HISPANIC HERITAGE MONTH
MARTIN LUTHER KING, JR BIRTHDAY		MEMORIAL DAY		
<b>FEBRUARY</b>		<b>JUNE</b>		<b>OCTOBER</b>
BLACK HISTORY MONTH		ARMY BIRTHDAY		COLUMBUS DAY
WASHINGTON'S BIRTHDAY				
<b>MARCH</b>		<b>JULY</b>		<b>NOVEMBER</b>
WOMEN'S HISTORY MONTH		INDEPENDENCE DAY		NATIONAL NATIVE AMERICAN INDIAN HERITAGE MONTH
				VETERAN'S DAY
				THANKSGIVING DAY
<b>APRIL/MAY</b>		<b>AUGUST</b>		<b>DECEMBER</b>
"DAYS OF REMEMBRANCE" FOR VICTIMS OF HOLOCAUST		WOMEN'S EQUALITY DAY		CHRISTMAS
		<b>SEPTEMBER</b>		
		LABOR DAY		

**BRUNCH**

As stated in DA PAM 30-22, brunch and supper may be served on weekends and holidays, when authorized by the senior commander. The IMT menu will be used for brunch service. Installations wanting to deviate from the IMT menu for brunch must notify JCCoE of requested changes.



### PRODUCT AND PREPARATION STANDARDS

- Use standard TM 10-412, Armed Forces Recipe Service, or approved SOPs within AFMIS due to “fresh is best.” Make a concerted effort to avoid pre-made foods.
- No food items will be prepared using deep fat frying cooking methods.
- Progressively cook vegetables to preserve nutrient content.
- Use nonfat dry milk for cooking.
- Use non-stick canola oil cooking spray on the breakfast/short order grill and to coat baking/sheet pans.
- Do not add monosodium glutamate (MSG) as a separate ingredient to any recipe.

### SERVICE STANDARDS

#### Plate Portions

In order to support and meet current nutrition guidance and goals, dining facilities should offer food portions and food components consistent with the United States Department of Agriculture (USDA) MyPlate guidance (<http://www.choosemyplate.gov>).



One Entrée/Protein portion  
Two Vegetables and/or fruit portions  
One grain/starch portion  
One dairy/milk portion

#### Milk Dispensers

- Place milk dispensers in highly visible/high traffic location in the dining facility.
- Ensure milk dispensers are labeled appropriately with the correct type of milk (1% white, skim, low fat chocolate, etc.).

#### Vegetables/Sides/Vegetarian Entrees

- When served, color of vegetables should be vibrant and not overcooked.
- Vegetarian entrees that are rice, pasta, or potato based may be served as side items in smaller/half-sized portions.
- On the serving line, placement of vegetable side dishes first followed by starch sides, and entrees.
- Upon diner request, allow additional servings of vegetable and starch side dishes.



## Fruit

Incorporate seasonal fruit in menu as much as possible when available. Refer to chart below.

Fall	Cranberries, dates, figs, mandarin oranges, pears, persimmons, pomegranates
Winter	Clementine, cranberries, grapefruit, kiwi, mandarin oranges, passion fruit, pears, pomelos, tangelos, tangerines
Spring	Apricots, blueberries, cantaloupe, cherries, grapefruit, kiwi, navel oranges, nectarines, papayas, pineapple, raspberries, rhubarb, strawberries
Summer	Asian pears, apricots, avocados, blackberries, blueberries, boysenberries, cantaloupe, cherries, grapefruit, honeydew melon, mangoes, nectarines, papayas, peaches, plums, raspberries, strawberries, star fruit, watermelon

\*Although some varieties are seasonal, apples, bananas, grapes, grapefruit, oranges, pears, and dried fruits are usually available year round.

## Leftovers

The use of leftovers can be used to increase variety but not to replace freshly prepared options scheduled for the meal or the starch and vegetable that accompany it.

## Meat Entrée Portions

Second portions of meat protein/entrees for additional calories **are not** an appropriate strategy for weight gain. There are other dining facility offerings that support weight gain such as offering second portions of vegetables, starches, bread, nuts, milk, yogurt, etc. The Installation Dietitian and/or hospital dietitian should be consulted for individuals who have concerns about meeting caloric needs and/or need guidance on appropriate eating choices in the dining facility.

## MENU CHANGES

Incorporating menu changes to the SFI program will be conducted as follows:

1. An installation supporting the SFI will identify a desired menu change through its local Food Service Management Board (FSMB) actions and submit this request thru its Installation Dietitian to JCCoE QUAD Dietitian. This request for change must be justified see #3 below.
2. JCCoE will submit desired menu changes to all the Installation Food Program Managers (FPMs) and dietitians of the other IMT installations for review, discussion, and concurrence.
3. This may take some time to process fair and reasonable pricing approval for each region with DLA-Troop Support and draw down current inventory. Prior coordination of program objectives and goals with DLA-Troop Support account managers will help ensure timely execution of changes. The following will be required to be submitted with a request for a change:
  - a. Justification of change.
  - b. A new product form identifying each new product and the product to be removed/replaced once the new item is added by DLA-Troop Support. The new product form will be provided to Installation Food Program Managers prior to implementation date.



- c. Once the change has been implemented, JCCoE will coordinate with Army G4 and publish to the appropriate documents and publications.
4. Incorporating menu changes to the SFI program that do not affect the overall menu are internal to the installation and can be made without following the above described process as long as the menu and nutrition standards remain intact. Examples include:
  - a. A product type change, e.g. one steak for another cut of steak or one chicken nugget for another brand of nugget.
  - b. A product that has had a poor performance and is to be replaced by a like replacement, i.e. change from one type of fish to another fish.

### **EVALUATION**

To evaluate the success of implementing the SFI without additional cost, JCCoE will monitor account status of installations under the program quarterly at the minimum. JCCoE will provide assistance to those installations to meet program goals. JCCoE staff will review food programs during specific or general assistance visits.



### PROCEDURES ARE WRITTEN IN ACCORDANCE WITH ARMY REGULATIONS:

#### **AR 30-22 Army Food Program**

Chapter 3-22. Menu planning-A major responsibility of the FOS is to ensure that diners have nutritionally adequate menu choices.

Chapter 3-55b. The FPM will ensure that a food safety and nutrition education program is provided for the customers of the dining facility. Training and education, as a minimum, will convey the points that—(1) Healthy food choices provide a diet that is nutrient dense with recommended intakes of vitamins and mineral, high fiber, moderate protein, and much lower levels of saturated fat, sodium, sugar, cholesterol, and preservatives than is typical of the most current eating patterns. (2) Healthy foods typically have minimal food processing technologies applied to them. (3) A healthy, balanced diet combined with other lifestyle choices leads to increased resistance to disease, better daily performance, and a better sense of well-being.

Chapter 3-56a. The FPM will ensure that the following actions are taken to apply nutrition principles to the installation foodservice program: (1) Dining facilities will provide both healthy choices and highly acceptable food items for diner selection through the entire serving period for each meal. (2) Food item catalogs and master item files will be reviewed and updated at least semiannually to include a wide variety of food items that are available for the production of healthy menu choices. (3) Training is provided to all food service personnel on food items and preparation techniques that support health and nutrition goals.(4) Training and promotional materials that educate customers and reinforce the benefits of choosing a nutritionally sound and balanced meal are available and promoted at each dining facility.

#### **TRADOC Regulation 350-6 Enlisted Initial Entry Training Policies and Administration**

Chapter 5-11-The Soldier Fueling Initiative (SFI) is an Army program developed to establish a feeding (“fueling”) standard for Soldiers in Initial Military Training (IMT). It encompasses DOD nutrition standards, nutritional education, menu development, product selection, and preparation and serving standards. Recent studies clearly indicate that the “fueling for performance” message resonates with IET Soldiers and positively contributes to Soldier performance.

Chapter 5-11a-Dining facility support IMT. All IMT dining facilities will implement the Soldier Fueling Initiative and will comply with the policies in AR 30-22 and DA PAM 30-22. Additional information including the IMT Menu, menu/product standards and implementation guidance is available at the Joint Culinary Center of Excellence website:

[http://www.quartermaster.army.mil/jccoe/Operations\\_Directorate/QUAD/Nutrition/nutrition\\_main.html](http://www.quartermaster.army.mil/jccoe/Operations_Directorate/QUAD/Nutrition/nutrition_main.html)

#### **AR 40-25 Nutrition Standards and Education**

Chapter 2-1f – The DOD installation and hospital dining facilities should serve as models to help military members, family members and DOD employees meet recommended nutritional guidelines.

Chapter 3-1. All services will provide military members with a fundamental knowledge of nutrition to maximize performance, maintain long-term good health, and sustain morale. To provide a consistent message, nutrition education will incorporate the Food Guide Pyramid (MyPlate) and the Dietary Guidelines for Americans.

#### **AR 600-9 The Army Body Fat Composition Program**

Chapter 2-17f-Health care personnel will provide education and information to Soldiers on healthy eating behaviors at the Commander’s request.



### AR 600-63 Army Health Promotion

Chapter 2-4 and 2-5 – Commanders will ensure that nutrition information, education and counseling programs are provided to Soldiers, family members, Army civilians and food outlet managers in activities under their control. Commanders and supervisors will provide educational and other motivational programs to ensure they maintain proper body weight.

## GO FOR GREEN<sup>®</sup>

### Go For Green<sup>®</sup> Dining Facility Nutrition Education Program

The Go for Green<sup>®</sup> program is the Army's dining facility nutrition education program. Go for Green<sup>®</sup> is a nutritional recognition labeling system providing the Soldier with a quick assessment of the nutritional value of menu offerings and food products in the dining facility. The menu offerings and food items are labeled green (eat often), amber (eat occasionally), and red (eat rarely) based on the impact the food can have on a Soldier's performance. For example, foods labeled green are high performance foods that can positively impact a Soldier's performance and foods labeled red are performance inhibiting foods which can negatively impact a Soldier performance. The program has posters and menu cards for the serving line providing explanation of the Color coding system.

### m-NEAT

- The Military Nutrition Environment Assessment Tool (m-NEAT) was developed to help military installations/bases (referenced as community throughout this document) assess their environment to find out how well it supports and promotes healthy eating.
- As a reference tool to enhance dining facilities on an installation the Food Program Manager and dining facility manager(s) can use the m-NEAT for Initial Military Training dining facilities at <https://phc.amedd.army.mil/TOPICS/HEALTHYLIVING/N/Pages/HealthyEatingEnvironment.aspx> and click on m-NEAT Worksheets under Publications and Resources then click on m-NEAT DFAC (Training) Worksheet.
- The actual m-NEAT the Installation Dietitian uses to evaluate/review the dining facilities on an installation will be derived from the one found at the above link.

**NOTE:** APF DFACs will be reviewed periodically using the m-NEAT tool; this is not an inspection, but a way to evaluate your program against the standards and provide information to improve operations.



## APPENDIX A

### Implementation Checklist

- Review menu guidance to determine which items will be made by recipe card and items that will be requested to be premade. Collaborate with the Installation Dietitian to review the items to be premade.
- Review Catalog for products that meet the menu and nutrition standards for, but not limited to juices, ready-to-eat cereals, waffles, french toast, breakfast meats, sliced breads, margarine, yogurts, pasta, ice cream/frozen yogurt, muffins, ground beef, ground turkey, deli meats, deli rolls/breads, and beverages.
- Collaborate with the Installation Dietitian to review products on the current catalog that meet menu/nutrition specifications, especially for pre-made items.
- Review contracts for beverages, bread/pastries, and milk to ensure the required/necessary products are being offered.
- Make recipe and product changes as outlined in Appendix B of this guide.
- Educate staff on SFI, menu standards, and Go for Green<sup>®</sup> Nutrition Education program.
- Market Go for Green<sup>®</sup> labeling foods on serving lines and throughout the dining facility with posters, table tents or displays, and handouts available for diners.



## APPENDIX B

### RECIPE MODIFICATIONS

The following recipes from TM 10-412 are examples of recipes required to be modified to meet the goals of the SFI and the DOD Nutrition Standards. Additional revisions will be identified as the Program matures. These recipes need to be adjusted in your local AFMIS Recipe Maintenance File program.

**Recipe No. E00200 Hominy Grits**

Delete butter from recipe and preparation instructions.

**Recipe No. D02200/ D02203 French Toast**

Change bread, white sliced to bread, “whole wheat-whole grain” sliced.

**Recipe No. D02506 Waffles**

Change Waffles brown & serve frozen to Waffles whole grain brown & serve frozen

Add step 2 recipe instructions “serve with warm syrup on the side.”

**Recipe No. N00702 English muffin with Canadian Bacon, Egg & Cheese**

Variation of this recipe with no bacon. Delete bacon from ingredient list and steps 1, and 4, and 6 on preparation instructions. New recipe name will be English muffin with Egg & Cheese.

**Recipe No. F01200 Breakfast Burrito (with Turkey Sausage or Chicken)**

Variation of this recipe with no pork sausage. Delete pork sausage from ingredient list and replace with turkey sausage or diced chicken.

**Recipe No. F01201 Breakfast Pita**

Variation of this recipe with no sausage. Delete sausage from ingredient list and steps 2 and 3 in preparation instructions. Recipe name will be Vegetarian Breakfast Pita.

**Recipe No. N00600 Grilled Cheese Sandwich**

Change bread, white to bread, “whole wheat-whole grain.”

Delete butter from recipe and replace with canola cooking spray, non-stick. Modify step 2 of preparation instructions to the following “lightly spray the top and bottom of sandwiches with canola cooking spray, non-stick.”

**Recipe No. L08902 Grilled Sausage Patties (Preformed)**

Variation of recipe with chicken sausage. Delete pork sausage and replace with chicken sausage. New recipe name will be Grilled Chicken Sausage patties (preformed).

**Recipe No. Q02701 Corn O’Brien**

Variation of recipe with no bacon. Delete bacon from ingredient list and from step 1 and 3 of preparation instructions.

**Recipe No. Q06000 Club Spinach**

Variation of recipe with no bacon. Delete bacon from ingredient list. Delete margarine from recipe and replace with Margarine Spread Trans Fat Free. Modify step 3 of preparation



instructions to the following “combine crumbs and margarine spread Trans-Fat free; sprinkle 3 cups crumb over cheese in each pan.” Delete step 4 of preparation instructions.

**Recipe No. E01000 Red Beans & Rice**

Variation of recipe with no bacon. Delete bacon from ingredient list. Delete step 2 of preparation instructions and delete bacon from steps 3 and 4. New recipe name will be Red Beans & Rice (no pork).

**Recipe No. E01001 Hopping John (Black-eye Peas with Rice)**

Variation of recipe with no bacon. Delete bacon from ingredient list. Add ¼ cup salad oil to ingredient list. Delete bacon from step 2 of preparation instructions and replace with “sauté onions in oil about 1-2 minutes or until lightly browned.” Delete bacon from step 3 of preparation instructions. New recipe name will be Hopping John Black-eye peas with rice (no pork).

**Recipe No. L08401 Pork chops with apple rings**

Variation of recipe. Delete apples and sugar from ingredient list and preparation instructions and replace with pineapples. New name Pork chops with pineapple rings.



**COMMENTS / QUESTIONS / SUGGESTIONS**

**PLEASE CALL US AT (804) 734-3005/3366  
DSN 687**