

**UNITED STATES ARMY**  
**FOOD PROGRAM**  
**IMPLEMENTATION GUIDE FOR**  
**INITIAL MILITARY TRAINING**  
**SOLDIER FUELING INITIATIVE**  
**1 December 2010**





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JANUARY								FEBRUARY								MARCH							
D	SUN	MON	TUE	WED	THU	FRI	SAT	D	SUN	MON	TUE	WED	THU	FRI	SAT	D	SUN	MON	TUE	WED	THU	FRI	SAT
							1				1	2	3	4	5				1	2	3	4	5
M											2	3	4	5	6				2	3	4	5	6
D	2	3	4	5	6	7	8	6	7	8	9	10	11	12	6	7	8	9	10	11	12		
M								7	8	9	10	11	12	13	7	8	9	10	11	12	13		
D	9	10	11	12	13	14	15	13	14	15	16	17	18	19	13	14	15	16	17	18	19		
M								14	15	16	17	18	19	20	14	15	16	17	18	19	20		
D	16	17	18	19	20	21	22	20	21	22	23	24	25	26	20	21	22	23	24	25	26		
M								21	22	23	24	25	26	27	21	22	23	24	25	26	27		
D	23	24	25	26	27	28	29	27	28						27	28	29	30	31				
M								28	1						28	1	2	3	4				
D	30	31																					
M																							

  

APRIL								MAY								JUNE							
D	SUN	MON	TUE	WED	THU	FRI	SAT	D	SUN	MON	TUE	WED	THU	FRI	SAT	D	SUN	MON	TUE	WED	THU	FRI	SAT
						1	2													1	2	3	4
M						5	6													10	11	12	13
D	3	4	5	6	7	8	9	1	2	3	4	5	6	7	5	6	7	8	9	10	11		
M	7	8	9	10	11	12	13	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
D	10	11	12	13	14	15	16	8	9	10	11	12	13	14	12	13	14	15	16	17	18		
M	14	15	16	17	18	19	20	14	15	16	17	18	19	20	21	22	23	24	25	26	27		
D	17	18	19	20	21	22	23	15	16	17	18	19	20	21	19	20	21	22	23	24	25		
M	21	22	23	24	25	26	27	21	22	23	24	25	26	27	28	1	2	3	4	5	6		
D	24	25	26	27	28	29	30	22	23	24	25	26	27	28	26	27	28	29	30				
M	28	1	2	3	4	5	6	28	1	2	3	4	5	6	7	8	9	10	11				
D								29	30	31													
M								7	8	9													

  

JULY								AUGUST								SEPTEMBER							
D	SUN	MON	TUE	WED	THU	FRI	SAT	D	SUN	MON	TUE	WED	THU	FRI	SAT	D	SUN	MON	TUE	WED	THU	FRI	SAT
						1	2	31	1	2	3	4	5	6						1	2	3	
M						12	13	14	15	16	17	18	19	20						18	19	20	
D	3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10		
M	14	15	16	17	18	19	20	21	22	23	24	25	26	27	21	22	23	24	25	26	27		
D	10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17		
M	21	22	23	24	25	26	27	28	1	2	3	4	5	6	28	1	2	3	4	5	6		
D	17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24		
M	28	1	2	3	4	5	6	7	8	9	10	11	12	13	7	8	9	10	11	12	13		
D	24	25	26	27	28	29	30	28	29	30	31				25	26	27	28	29	30			
M	7	8	9	10	11	12	13	14	15	16	17				14	15	16	17	18	19			

  

OCTOBER								NOVEMBER								DECEMBER							
D	SUN	MON	TUE	WED	THU	FRI	SAT	D	SUN	MON	TUE	WED	THU	FRI	SAT	D	SUN	MON	TUE	WED	THU	FRI	SAT
							1				1	2	3	4	5						1	2	3
M							20				23	24	25	26	27						25	26	27
D	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10		
M	21	22	23	24	25	26	27	28	1	2	3	4	5	6	28	1	2	3	4	5	6		
D	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17		
M	28	1	2	3	4	5	6	7	8	9	10	11	12	13	7	8	9	10	11	12	13		
D	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24		
M	7	8	9	10	11	12	13	14	15	16	17	18	19	20	14	15	16	17	18	19	20		
D	23	25	26	27	28	29	30	27	28	29	30				25	26	27	28	29	30	31		
M	14	15	16	17	18	19	20	21	22	23	24				21	22	23	24	25	26	27		
D	30	31																					
M	21	22																					

D=Calendar Day  
M= Menu Day



## GENERAL INFORMATION

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. 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. 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 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.

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

Fort Benning	Fort Jackson	Fort Rucker
Fort Eustis	Fort Knox	Fort Sam Houston
Fort Gordon	Fort Lee	Fort Sill
Fort Huachuca	Fort Leonard Wood	Redstone Arsenal

## CYCLE MENU

The objective of the 28-day 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 1-28 rotate every four weeks. The standardized menu also includes a sandwich deli bar, a salad bar, a fitness bar, dessert selections, and beverages (hydration stations). Soups are an optional menu component. Short order menus are incorporated once a week into the menu cycle. The standardized menu will be 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. Food Program Managers (FPM) are encouraged to use these basics recipes as “fresh is best”; however, with the ever increasing pace of food service and new production technology there are a growing variety of pre-made products on the market, many of which rival scratch made products in terms of quality and appearance. FPMs have the discretion to use vendor prepared pre-made products that fit the recipe intent and the menu/nutrition standards. The installation dietitian will provide nutrition guidance on product selection of pre-made items.

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 and nutrition standards starting on page 6 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.

### **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. It must be noted that your DLA-TROOP SUPPORT contract with the SPV might have 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 either their IMCOM region 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 DOLs.

## **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. 1% fat fresh pasteurized white milk, skim 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 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 per standards in AR 40-25]
      - 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 fresh fruit. Bananas offered daily, when available. Offer precut (cut pieces or sectioned) fruit, especially oranges.
  - b. One choice of dried fruit without added sugars.
  - c. One choice canned or frozen fruit (light syrup/own juice).
  - d. 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. Offer scrambled eggs, hardboiled eggs, and scrambled cholesterol free eggs daily.
  - b. Eggs to order including omelets are offered **only** on Sundays and Holidays.
5. **Grilled Specialty Breads:** Offer one grilled specialty item-griddlecakes, 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, or small low-fat muffins (at least 2 oz, less than 30% of calories from fat, and at least 1 g fiber).
9. **Breakfast Pastry:** No breakfast pastry items will be served. Examples of excluded items include a raised or cake doughnut, a sweet muffin, a sweet roll, or a pastry/Danish item. Small low-fat muffins are permitted but must meet nutrition standards as stated in paragraph 8.c. of this guide.
  10. **Yogurt:** 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. 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 and Artificial sweetener
    - c. Salt and Pepper
    - d. Sodium free seasonings with no monosodium glutamate (MSG).
    - e. Catsup, hot sauce, mayonnaise, mustard, relish
    - f. Jams or Jelly. Offer one fruit spread or low sugar jelly/jam.
    - g. Syrup
    - h. Two or more spreads (e.g. low fat cream cheeses, honey)
    - i. Peanut butter
    - j. Salsa
    - k. Trail mix**\*\*Brown sugar will not be offered as a topping option.**

### LUNCH/DINNER

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

1. **Beverages (Hydration Stations):**
  - a. 1% fat fresh pasteurized white milk, skim white milk, and low fat chocolate milk ; all 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 per standards in AR 40-25]
        - 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.
  - d. Only lean ground beef and lean ground turkey (fat content not to exceed 10%) 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 fresh fruit. Offer precut (cut pieces or sectioned) fruit, especially oranges.
  - b. One choice of dried fruit without added sugars.
  - c. One choice canned or frozen fruit (light syrup/own juice).
  - d. 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 entrée.
  
9. **Yogurt:** 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:** At least 4 different dessert choices that vary daily such as the following-
  - a. Canned fruit [light syrup or packed in own juice],
  - b. Angel food cake
  - c. Bar cookies (less than 150 calories and less than 5 g of fat per serving)
  - d. Small low-fat muffins (less than 30% of calories from fat, and at least 1 g fiber)
  - e. Fruit parfaits
  - f. Fruit salad
  - g. Low-fat ice cream/frozen yogurt (less than 4 g of fat and less than 120 calories per serving)
  - h. Gelatin
  - i. 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 or End of Cycle celebratory meals.**
  
11. **Condiments/Toppings:** Offer condiments in portion control containers, bag in a box pump, or bottles. 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 and Artificial sweetener
  - c. Salt and Pepper. Salt and pepper shakers are permitted on the table
  - d. Sodium free seasonings with no monosodium glutamate (MSG).
  - e. Catsup, hot sauce, mayonnaise, mustard, relish
  - f. Jams or Jelly. Offer one fruit spread or low sugar jelly/jam.
  - g. Two or more spreads (e.g. low fat cream cheeses, honey)
  - h. Peanut butter
  - i. Salsa
  - j. Trail mix



### SHORT ORDER (Incorporated into cycle menu)

1. Grilled hamburgers (precooked at least 85/15 ground beef, from raw 90/10 lean ground beef ), cheeseburgers, grilled 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 and other link type meats will not be served.**
2. Baked French fries to include sweet potato fries.
3. Assorted **baked** chips/crackers, and pretzels.
4. Accompaniments: Sliced tomatoes, onions, pickles, lettuce leaves, catsup, mayonnaise, mustard, relish, and salad dressing.

### 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 1000 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 1050 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 salad such as tuna, chicken and egg salads made with low fat mayo and/or salad dressing may be offered.
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 type breads or rolls [white with whole grains or whole wheat with at least 2.5 grams fiber per serving]).
4. **Other Sandwiches:** Choice of chicken, egg, or tuna sandwiches (rotate choices based on customer demand/preference).
5. **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

### STANDARD SALAD BAR

1. 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 with the hard vegetables (such as broccoli, cauliflower, carrots, and radishes) mixed into the leafy green salad.



2. Minimum of 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.
3. Seven separate salad dressings choices-
  - a. Two choices of regular salad dressing
  - b. Five choices of low-fat salad dressing. Low fat is preferred over no-fat/fat free.
4. A selection of salad oil such as canola, olive, sesame, or blends of these oils will be offered.
5. A selection of vinegar such as apple cider, balsamic, red, or white vinegar will also be offered.
6. Mayonnaise based salads must use lower fat mayonnaise or lower fat salad dressings.

### RECOVERY SNACK

Offer BCT/OSUT Soldiers a recovery snack such as a 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% DV for iron (if available). The recovery snack will be offered during approved training sessions outlined by Initial Military Training. The approved training sessions will be available 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)

### HOLIDAY/SPECIAL MEALS

Ethnic meals are incorporated into the menu cycle at least once a week.

Holidays, and other special meals are included in the menu plan and managers should check the JCCoE website for updates to Holiday meal menus.

25 December 2010	Christmas
1 January 2011	New Years
17 January 2011	Martin Luther King Jr's Birthday
21 February 2011	President's Day
24 April 2011	Spring / Easter
30 May 2011	Memorial Day
14 June 2011	Army Birthday
4 July 2011	Independence Day
5 September 2011	Labor Day
10 October 2011	Columbus Day
11 November 2011	Veteran's Day
24 November 2011	Thanksgiving
25 December 2011	Christmas

### PRODUCT AND PREPARATION STANDARDS

- 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 as a separate ingredient to any recipe.



## SERVICE STANDARDS

- 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%, chocolate, etc).
- 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.
- 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.
- 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	Clementines, cranberries, grapefruit, kiwi, mandarin oranges, passion fruit, pears, pommelos, 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.

## 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 QA dietitian. This request for change must be justified see #5 below.
2. JCCoE will submit desired menu changes to all the Food Program Managers (FPMs) and dietitians of the other IMT installations for review, discussion, and concurrence.
3. With consideration of the affected installations' input, JCCoE will assess the proposed change and forward to both MEDCOM and TRADOC-IMT for review and concurrence.
4. Upon receipt of MEDCOM and TRADOC-IMT concurrence, JCCoE will coordinate change in new menu guidance produced and sent to installation FPMs with an implementation date.
5. 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 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.
6. 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.



## “GO FOR GREEN”

### “Go For Green” Dining Facility Nutrition Education Program

The “Go for Green” program is the Army’s dining facility nutrition education program. “Go for Green” 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.

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

#### □ AR 30-22- The 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.

#### □ 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 (MyPyramid) and the Dietary Guidelines for Americans.

#### □ AR 600-9 The Army Weight Control Program.

3.1b – Commanders and supervisors will provide educational and other motivational programs to encourage personnel to attain and maintain proper weight (body fat) standards



### □ 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.

### INSTRUCTIONS & RESPONSIBILITIES:

#### Food Program Manager, Officer in Charge (OIC), and Non-Commissioned Officer in Charge (NCOIC)

- Brief Command group on the “Go for Green” Food Identification Program and its goals to educate diners.
- Establish and maintain the “Go for Green” Food Identification Program in the dining facility to help educate patrons on healthy food choices.
- Download “Go for Green” posters and menu cards from the JCCoE website and provide to your local DLA-DS (Document Services) for printing. Be sure to order the appropriate number of materials (posters/cards, etc) for each of your dining facilities.
- Only a small number of recipes are pre-printed on the color-coded menu cards. For all other recipes in TM 10-412, or local recipes, consult Installation Dietitian or JCCoE dietitian for guidance on correct color code. As a resource, the Installation Dietitian and the Food Program Manager can refer to the following: *Go for Green Program Criteria* and the *Coded Armed Forces Recipe Nutrition Analysis* which help to identify recipe card items as GREEN, AMBER, RED. These resources will be placed 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)
- For recipes that are not on pre-printed cards, download blank color-coded cards from the JCCoE website and provide to your DLA-DS for printing. Provide the dietitian with a list of recipes that need coding. After the dietitian provides the correct color code for the recipe, the name of the recipe will need to be written legibly on the blank color-coded menu card preferably in Black ink/marker for diners to read. Consider laminating menu cards and purchasing black erasable markers/pens so that cards can be reused and written on again.
- Consider purchasing merchandizing items for the cards. This is not a requirement but it helps to ensure cards are displayed in an attractive manner. Some recommended items: Repositional sign pockets, suction-type acrylic label holders, flex-clips or other signage holders for the red, amber, green labels (business card size). The idea is to make the label readily visible, but in a neat, clean organized manner for your layout.
  - Repositionable Sign Pocket 2 X 3 ½
  - Suction Cup Holder Sign Cards 2X4
  - Flex-clip Holder 4 ½” or 8 ½” (for bowls, pans or other displays. Can wrap around basket handles)
- Train dining facility staff on the “Go for Green” Food Identification Program and document training.
- Monitor the labeling of the food products at meals to ensure they are accurately depicted with the green, amber and red cards based on the nutrition criteria.
- Market the “Go for Green” Food Identification Program to motivate and educate diners on healthy choices in the dining facility using posters and menu cards.



### Dining Facility Managers/Cook Supervisors/Shift Leaders

- Hang poster where visible to patrons in the dining facility and make educational materials readily available to customers.
- Label all food items on the serving line.
- Ensure all food items have correct green, amber or red labels for each meal service.
- Ensure a system is in place to keep labels neat, clean and professional. Replace labels as needed and discard dirty, discolored or illegible labels.

### Installation Dietitian

- Provide expertise and guidance to FPMs and dining facility managers on implementing “Go for Green.”
- When reviewing the menu, analyze recipes and provide correct color code based on local products/ingredients used and/or by using these resources: *Go for Green Program Criteria* and the *Coded Armed Forces Recipe Nutrition Analysis* which help to identify recipe card items in TM 10-412 as GREEN, AMBER, RED. These resources will be placed 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)

### Future of “Go for Green”

JCCoE is currently working to add the “Go for Green” Posters and cards to Army publications for future ordering by the Installations. JCCoE will provide notice on the website when “Go for Green” materials are available from Army Publications.



## APPENDIX A

### Implementation Checklist

- Review Menu Standards and provide copy to installation dietitian and all other voting members of the FSMB.
- Review cycle menu for items that will be made in-house and items that will be pre-made/vendor sourced.
- Review Catalog for products that meet the menu and nutrition standards especially for 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 installation dietitian to review products on the current catalog that meet menu/nutrition specifications, especially for pre-made items.
- Review contracts for beverages (soda machines), bread/pastries, and milk.
- Provide prime vendor specifications for nutrition standards for specified products, if item is not on catalog and/or does not meet nutrition specification.
- Make recipes changes and product changes as outlined in Appendix B of this guide.
- Educate staff on SFI, menu standards, and Go for Green Nutrition Education program.
- Begin using products that meet specifications and incorporating into menu prior to 1 Feb 2010 implementation date.
- Market “Go for Green”—labeling foods on serving lines and posters.
- Recommend using the IMT cycle menu at the minimum of one month prior (3 January) to implementation date.



## 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 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. 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 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 step 1 and 3 from 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.



**Baked Spaghetti w/Meat Sauce**

**Portions: 100**

**Portion Size: 1 cup**

<u>Ingredients</u>	<u>Units of Measure</u>
WATER	3 QTS
WATER, BOILING	12 GALS
BEEF, GRD, BULK, FZN, 90% MIN LEAN	18 LBS
CHEESE, MOZZARELLA, PART SKIN, SHREDDED	5 LBS
ONION YEL MED 50#	2 QTS
VEG, TOMATO PASTE, CANNED, NO. 10 SIZE CAN	1 1/2 GALS
VEG, TOMATOES, CANNED, DICED, NATURAL JUICE NO. 10 SIZE CAN	3 GALS
SPAGHETTI, DRY, LONG, 1/20 LB CS	12 LBS
SUGAR, GRANU	3/4 CUP
SHORTENING, LIQ, PAN & GRILL, VEG, 2/17.5 LB CO	1/4 CUP
BASIL, GRD	2 TBS
GARLIC, POWDER SEN/S	2 1/3 TBS
OREGANO, GRD, 1/11 OZ CO	2 TBS
SALT, TABLE, IODIZED,	6 TBS
SPICE, BAY LEAVES, WHOLE	6 EA
SPICE, PEPPER, BLACK, GRND	2 TSPS
THYME, GRD, 1/13 OZ CO (1 LB SIZE CO)	2 TBS

**PRE-PREPARATION INSTRUCTIONS:**

THAW GROUND BEEF UNDER REFRIGERATION.

CHOP DRY ONIONS BEFORE MEASURING. DEHY MAY BE USED, REFERENCE A01100.

CRUSH CANNED TOMATOES BEFORE MEASURING.

CANNED TOMATO JUICE CONCENTRATE MAY BE USED FOR TOMATO PASTE.

USING TIIN: (E09-8994) BEEF, GRD, BULK, FZN, 90% MIN LEAN

1. COOK BEEF IN ITS OWN FAT UNTIL BEEF LOSES ITS PINK COLOR, STIRRING TO BREAK APART. DRAIN OR SKIM OFF EXCESS FAT. ADD ONIONS AND GARLIC; SAUTE, 3 MINUTES
2. ADD SUGAR, SALT, PEPPER, OREGANO, THYME, BASIL, AND BAY LEAVE TO MIXTURE. MIX WELL.
3. ADD TOMATOES, TOMATO PASTE, AND WATER.
4. COOK OVER LOW HEAT ABOUT 1 HOUR, STIRRING FREQUENTLY TO PREVENT STICKING ADD MORE WATER IF SAUCE IS TOO THICK.
5. REMOVE BAY LEAVES BEFORE SERVING.

**SPAGHETTI:**

6. ADD SALT AND SALAD OIL TO BOILING WATER. SLOWLY ADD SPAGHETTI WHILE STIRRING CONSTANTLY UNTIL WATER BOILS AGAIN. COOK ABOUT 15 MINUTES OR UNTIL TENDER WHILE STIRRING OCCASSIONALLY.

CAUTION: DO NOT OVERCOOK. DRAIN THOROUGHLY.

MIX SPAGETTI AND MEAT SAUCE, PUT IN LINE PAN, TOP WITH CHEESE AND BAKE IN PREHEATED OVEN AT 350 F UNTIL CHEESE IS MELTED.

NOTE: DO NOT OVER COOK SPAGHETTI.



**Shrimp Sauté**

**Portions: 100**

**Portion Size: 8 Shrimp**

**Ingredients**

**Units of Measure**

SHRIMP, WHL, RAW, P&D, FZN, US GRA, 44 OR LESS/LB	20 LBS
MARGARINE SPREAD (TRANS FAT FREE)	1 1B
PAPRIKA	1 OZ
SEASON, NO SALT	1 OZ
SPICE, PARSLEY FLAKE	3 OZ

PRE-PREPARATION INSTRUCTIONS:  
THAW SHRIMP UNDER REFRIGERATION.

1. FLASH SAUTE IN MARGARINE IN GRIDDLE AT 350 F FOR 3-4 MIN UNTIL PINK IN COLOR.
2. ADD PARSLEY, PAPRIKA, AND SEASONING.

DO NOT OVER COOK...COOK PROGRESSIVELY.  
GARNISH WITH LEMON WEDGES  
SERVE 8 PER SERVING

**Spaghetti with Tomato Sauce**

**Portions: 100**

**Portion Size: 1 Cup Tomato Sauce  
1 Cup Spaghetti**

**Ingredients**

**Units of Measure**

TOMATO SAUCE 6/10	8 CN
WATER, BOILING	12 GALS
PASTA SPAGHETTI WHL WHEAT 10" 2/5 LB	12 LBS
SALAD OIL CANOLA (RAPESEED) 3/1 GAL	1/4 CUP
SALT IODIZED	1/4 CUP

PRE-PREPARATION INSTRUCTIONS:

1. HEAT TOMATO SAUCE IN STEAM KETTLE OR STOCK POT STIRRING FREQUENTLY TO PREVENT SCORCHING. HEAT TO 165 F MIN FOR 15 SECONDS.

SPAGHETTI:

2. ADD SALT AND SALAD OIL TO BOILING WATER.  
SLOWLY ADD SPAGHETTI WHILE STIRRING CONSTANTLY UNTIL WATER BOILS AGAIN.  
COOK ABOUT 15 MINUTES OR UNTIL TENDER WHILE STIRRING OCCASSIONALLY.

CAUTION: DO NOT OVERCOOK.

DRAIN THOROUGHLY.

EACH PORTION: 1 CUP TOMATO SAUCE + 1 CUP SPAGHETTI



**COMMENTS / QUESTIONS / SUGGESTIONS**

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