

Joint Subsistence Policy Board

Department of Defense Menu Standards

With Army Specifications

FRUIT/FRUIT JUICES

• Two or more fresh fruit choices per meal and one fruit canned or frozen on dessert or fruit bar



- Bananas at breakfast daily when available
- One or more good vitamin C source per day (citrus fruit, kiwi, cantaloupe, strawberries, cranberry or tomato juice)
- Seasonal fruits incorporated in menu as much as possible when available
- Canned or frozen fruit (light syrup/own juice) when fresh fruit not available
- Raisins or other dried fruits available at meals, based on demand
- Two or more 100 percent fruit juice choices at breakfast—orange juice fortified with calcium and vitamin D and another juice high in vitamin C.
- Blended juices are acceptable but must be 100% juice.



VEGETABLES

- Two hot vegetables per meal, one of which must be non-starchy and a good source of vitamin A or vitamin C (colorful, dark leafy and deep yellow, orange and red vegetables including sweet potatoes, carrots, squash, tomatoes, zucchini, spinach, greens, and broccoli).
- No more than one fried vegetable per day on the main line
- Legumes and beans served three times per week or more
- No more than one starchy vegetable per meal. Starchy vegetables include potatoes, corn, peas (black-eyed, green), lentils, and beans (baked beans, black beans, chick peas, garbanzo, kidney, lima, navy, pinto, refried beans)

SALAD

- Standard salad bar includes leafy green salad and a minimum of ten fresh toppings such as carrots, radishes, tomatoes, cucumbers, green peppers, onions, mushrooms, etc
- Leafy green salad minimum standard is 50% dark green leaves such as romaine and spinach leaves
- Unsalted nuts and/or seeds, available for salads based on demand
- All chilled based salads prepared with low-fat mayonnaise or low fat salad dressings



GRAINS/STARCHES

- All sliced bread offered contains whole grains (white with whole grains or whole wheat with at least 2.5 grams fiber per serving) and at least one bread offered is calcium (150 milligrams), folate (16 micrograms) and iron-fortified (0.72 milligrams)
- Bread varieties minimum standards: three choices of sliced breads, and one variety roll, cornbread, garlic bread, muffin, or biscuit offered with meals
- Choice of six whole-grain, ready-to-eat cold cereals, four of which must provide at least 2.5 grams fiber per serving, three of which must be without sugar coating; two must be 100 percent folate fortified (400 micrograms per serving)
- One whole grain hot cereal without added fat or sugars
- Cereal bars may be offered with at least 2.5 grams of fiber per serving
- At least one starch such as potatoes or rice at breakfast based on demand
- Use whole grain pastas and whole grain rice
- Offer low fat and/or low calorie alternatives (fruit, reduced fat pastries, reduced fat muffins, etc) when pastries such as donuts and sweet rolls, etc are served



MEATS and ENTREES

• Choice of two main entrees, with one of these entrees such as lean fish, poultry or meat (round or loin cuts; baked, grilled, or roasted with visible fat removed) prepared and served without added fat



- Fish served at a minimum of three times per week as a main entree. At least one fish high in omega 3 (salmon, tuna, trout, herring, mackerel, sardines) will be served per week
- Serve gravy and sauces separately unless they are integral part of the recipe
- Only lean ground beef and lean ground turkey (fat content not to exceed 10%) with no fillers or extenders
- One or more vegetarian options at the lunch and dinner meals based on demand
- The lean entrée option may be vegetarian
- No more than one fried entrée on the main line per meal. If facility serves only one entree on the main line per meal, no more than one fried entrée per day. Exceptions for special occasions such as holiday meals, Service birthdays or other celebrations approved through respective Service
- Choice of three breakfast meats, one of which must be non-pork and one lower in fat (less than 12g fat per serving for patties/links and less than 5g of fat per serving for turkey bacon, Canadian bacon, center cut bacon). The non-pork option can be lower in fat



DAIRY AND EGGS

- All milk fortified with vitamin A and vitamin D
- Offer 1% milk as the primary milk
- Use 1% or skim in recipes when appropriate
- Offer low fat or reduced fat dairy choices (cottage cheese, sour cream, cream cheese, shredded cheese and sliced cheese) based on customer demand
- Low fat or reduced fat cheeses used in cooking when appropriate
- Offer low fat and fat free yogurt at all meals. Offer reduced sugar yogurts
- Offer egg whites or egg substitutes (reduced cholesterol) as an alternative to whole egg products based on demand
- Use egg substitute in place of whole eggs in baked items when appropriate
- Offer DHA enhanced eggs when available and if subsistence funding is sufficient



FATS AND OILS

- Trans fat free (zero grams trans fat per serving) monounsaturated and polyunsaturated oils substituted for shortening in cooking and baking when appropriate
- * Only trans fat free (zero grams trans fat per serving) oils used in recipes and for frying
- Only trans fat free (zero grams of trans fat per serving) spread products used
- Reduced fat salad dressings, mayonnaise, and dairy products used in recipes when appropriate
- Reduced fat salad dressings available at every meal
- Offer butter as a condiment



SODIUM

- Salt/Sodium free seasonings available at every meal
- Use of lower sodium (less than 400 mg per serving) products encouraged
- Products containing Monosodium Glutamate as an ingredient should be avoided if possible
- Lower sodium soy sauce should be used whenever possible



BEVERAGES

- 1% milk fortified with vitamin A and vitamin D at every meal. Low fat chocolate and/or other flavored milk based on demand
- Offer lactose-free alternatives (lactose free milk, soy milk) based on customer demand
- Water dispenser available in beverage area
- Coffee and hot tea available at all meals
- Brewed decaffeinated coffee and decaffeinated (hot) tea available at all meals based on demand
- Offer iced tea sweetened and unsweetened based on demand
- If soda is served, at least one low calorie dark caffeinated soda and at least one low calorie clear caffeine free soda at every lunch and dinner meal
- If soda is served, offer at least 2 caffeine free sodas



CONDIMENTS

- Low fat milk and artificial sweetener available for hot coffee and tea
- If operating budget permits, offer flavored coffee creamers, and ensure reduced fat varieties are included
- Coffee creamers must contain zero grams trans fat
- Offer at least one fruit spread or low sugar jam and jelly in addition to regular jam and jelly
- Offer sugar free breakfast syrup based on customer demand in addition to regular syrup varieties

SOUPS

- Offer at least one soup at lunch and dinner based on customer demand
- Vegetarian soups can be a good alternative vegetarian option
- Offer one reduced sodium soup per day



DESSERTS

- Fresh fruit served on all dessert bars
- Fresh fruits may be cut and served as a fruit salad and served on the salad bar
- Offer one reduced fat dessert, sweetbread, or baked product on dessert bar
- Offer trans-fat free (zero grams of trans fat per serving) baked products



(DoD Menu Standards, 15 December 2010)