

**Modifications to Initial Military Training
Soldier Fueling Initiative
For Advanced Individual Training Dining Facilities**

The following modifications to the Soldier Fueling Initiative (SFI) are effective immediately for the Advanced Individual Training dining facilities under the SFI program.

1. Eggs: Dining facility managers may offer eggs to order including omelets not more than three days during the week, on weekends, and Holidays. 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, lean ham, etc. Vegetable ingredients/fixings for eggs to order must be available.

2. Short order: Dining facility managers may offer short order up to a **maximum of three times during the week at lunch or dinner and one weekend day**. 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; however, hotdogs/link meat will **not** be served. Short order will also include the following side items:
 - a. 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.
 - b. Baked french fries and/or baked sweet potato fries.
 - c. (*Optional*) Offer raw vegetables such as carrot sticks, or fruit cups/fresh fruit on the short order serving line.

3. Desserts: Dining facility managers will offer four different dessert choices that rotate daily.
 - a. **Four days a week at both lunch and dinner** all dessert choices will be lower in fat. **No regular desserts on these days**. Follow lower fat dessert standards as outlined in Implementation Guide.

 - b. **No more than three times** per week two choices of regular desserts may be offered at lunch **or** dinner. At least two choices of lower fat desserts must be offered when regular desserts are served.
 - (1) Regular dessert standards, maximum of 2 different types offered
 - a. Cookies (maximum serving size of 2.5 ounces or serving size per recipe card)

- b. Pies (preferably 9-inch) cut in smaller slices (cut in 10-slices instead of 8)
- c. Cakes, cupcakes, and brownies with no frosting (serving size per recipe card). 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)

****Desserts labeled “sugar-free” or sugar-substitute (artificial sweeteners) based type desserts are **not acceptable and should not be served.**

(2) Lower fat desserts: Follow lower fat dessert standards as outlined in Implementation Guide.

(3) Examples: *Lunch*-Apple pie, Chocolate chip cookies, Fruit parfait, Angel Food Cake (2 regular desserts, 2 lower fat desserts)
Dinner- Low fat muffin, Fruit parfait, Vanilla pudding topped with whip cream, baked cinnamon apple slices (all low fat desserts)

- 4. “Go for Green” Labeling: Ensure all food items have correct green, amber or red labels for each meal service. **Regular desserts will need to be labeled with the RED tag.**

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