

**Meal Kit Standards for  
Frozen, Shelf Stable and Fresh  
Effective 1 August 2022**

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## **Basic Nutrition Guidelines for each Frozen, Shelf Stable or Heated Lunch Meal Kit**

**Total Calories:** See specific calorie requirements for each meal kit type

**Total Fat:** No more than 30% of total calories (25-30%)

**Saturated Fat:** Less than 10% of total calories

**Trans Fat:** Zero grams

**Carbohydrates:** 50-55% of total calories

**Protein:** 15-25 % of total calories

**\*\*Sodium\*\*:** Less than 1350mg

Please make certain that you calculate the percentages based on the calorie content of your kit!

**Products containing monosodium glutamate (MSG) as an ingredient must be avoided and will not be accepted.**

**Fiber:** Minimum 14 grams per 1000 calories

**Drinks:** 100% Fruit Juice; 100% Fruit Juice Blends both with 100% Daily Value (DV) for vitamin C; Skim / 1% Milk fortified\*.

**Not approved** for use in military meal kits: Water, enhanced water (i.e. vitamin types), sports drinks (i.e. electrolyte based), energy drinks, and non-nutritive drinks (i.e. artificially sweetened).

Kits must have a Nutrition Label in accordance with Nutrition Labeling and Education Act that displays **total** nutrient amounts **for the entire meal**. Additionally, each food and drink item in the meal kit must have a nutrition label.

Meal kits must have a **one-year shelf life**

**\*\*See Table of Contents for specific nutrition requirements for each meal kit type**

\*vitamin A (at least 15 percent of Daily Value (DV)) and vitamin D (at least 15 percent of DV) and shall provide at least 25 percent of DV of calcium per 8 oz. liquid serving.

**Complete Frozen Lunch Meal Kit, Complete Heated Lunch Meal Kit, Shelf Stable Lunch Meal Kit**

- **Entrée** - shall have a minimum of **2.5 oz. of protein (meat, fish, nut /seed butter/legume etc.)**.
  - **Bread type**- whole grain or whole grain rich --bun, tortilla, wrap, sticks, or sliced
  - **Snacks** –chips, combos, pretzels, crackers, nuts/seeds/trail mix (minimum 1oz., maximum 2 oz.)
  - **Fruit Product** – fruit cup 100 % fruit juice or light syrup (4 oz. cup minimum), dried fruit (1/4 cup minimum) , fruit snacks (made with real fruit, good source of vitamin C) or fruit (good source of vitamin C)
  - **Dessert** – small: cookie, candy bar, candy pieces (2 oz. maximum) or pudding
  - **Drink** - 8 oz. minimum.
  - **Condiments** –Two .5 oz. or one 1 oz. packet of mayonnaise, or sauces as applicable to meal
- Calories and grams in chart are used as examples, depending on the number total number of calories in the meals, the number of calories or grams will differ.**

Category	Current Standards
Calories	1000 minimum -1350 maximum
Maximum Calories from fat	No more than 30% of calories (minimum 25%). Example:300 calories for a 1000 calorie meal /405 calories for 1350 calorie meal
Maximum Total fat (g)	30 % total. Example: 33g for 1000 calorie meal, 45g for 1350 calorie meal
Maximum saturated fat (g) (10% calories/grams)	10% max. fat calories Example : 11 g for 1000 calories 15 g maximum for 1350 calories
Trans fat (g)	0g
Maximum sodium(mg)	1350mg (regardless of calorie level)
Total carbohydrates(calories/g)	50-55% of total calories 125g minimum(50% of 1000 calories) - 186 g maximum (55% of 1350 calories)
Dietary Fiber (g)	14g per every 1000 calories fraction of 1000. Example for 1350 calories = ~19 grams of fiber
Protein(g) Note: this is the grams of protein in the meal.	Total of 15 – 25 % of calories. 38 -84 grams of protein. Example: minimum 38 g ( g = 15% of 1000 calories = 150 cal/4 = 38 g )maximum 84 g (84 g = 25% of 1350 calories = 337 cal/4 = 84)

## Complete Frozen Breakfast Meal Kit

- **Entrée** – Breakfast entrée or sandwich (i.e. ham and cheese/egg, and cheese croissant or English muffin, (**protein 2 oz. minimum**)).
- **Cereal** - Large cereal bowl pack (1.75-2.75 oz. allowable as two smaller packs. Whole grain preferred; less than 35% of calories from sugar, 40% if cereal contains dried fruit)
- **Milk** - 8oz skim or 1% UHT milk
- **Fruit Product** – Fruit cup 100% fruit juice or light syrup ( 4 oz. cup minimum), dried fruit ( ¼ cup minimum), fruit snacks (made with real fruit, good source of vitamin C) or fruit (good source of vitamin C).
- **Breakfast Bar** – must provide at least 2.5g of fiber per serving with less than or equal to 10 grams of sugar
- **Juice** - 6 oz. minimum. 100% fruit juice or 100% fruit juice blend. 100% DV vitamin C required in both.

Category	Current Standards
Calories	1000 minimum -1350 maximum
Maximum Calories from fat 30%	No more than 30% of calories (minimum 25%). Example:300 calories for a 1000 calorie meal /405 calories for 1350 calorie meal
Maximum Total fat (g)	30 % total. Example: 33g for 1000 calorie meal, 45g for 1350 calorie meal
Saturated fat (g)	10% max. saturated fat calories. Example : 11 g for 1000 calories 15 g maximum for 1350 calories
Trans fat (g)	0g
Maximum sodium(mg)	1350 mg maximum
Total carbohydrates(g)	50-55% of total calories 125g minimum(50% of 1000 calories) - 186 g maximum (55% of 1350 calories)
Dietary Fiber (g)	14g per every 1000 calories fraction of 1000. Example for 1350 calories = ~19 grams of fiber
Protein(g) Note: this is the grams of protein in the meal.	Total of 15 – 25 % of calories. 38 – 84 grams of protein. Example: minimum 38 g ( g = 15% of 1000 calories = 150 cal/4 = 38 g )maximum 84 g (84 g = 25% of 1350 calories = 337 cal/4 = 84)

## Complete Heated Breakfast Kit

- **Entrée** - Breakfast entrée or sandwich (i.e. ham and cheese/egg, and cheese croissant or English muffin; **protein 2 oz. minimum**). Whole grain or whole grain rich bread product
- **Fruit Product** – Fruit cup 100% fruit juice or light syrup ( 4 oz. cup minimum), dried fruit ( ¼ cup minimum), fruit snacks (made with real fruit, good source of vitamin C) or fruit (good source of vitamin C)
- **Snack**- nuts, seeds, or trail mix (minimum 1.0 oz., maximum 2 oz.)
- **Juice** – 5.5 oz. minimum. 100% fruit juice or 100% fruit juice blend. 100% DV vitamin C required in both.
- **Condiments** – as applicable to meal component

Category	Current Standards
Calories	1000 minimum -1350 maximum
Maximum Calories from fat 30%	No more than 30% of calories (minimum 25%). Example:300 calories for a 1000 calorie meal /405 calories for 1350 calorie meal
Maximum Total fat (g)	30 % total. Example: 33g for 1000 calorie meal, 45g for 1350 calorie meal
Saturated fat (g)	11 g -15 g maximum. This is based on total number of calories. Example : 11 g for 1000 calories 15 g maximum for 1350 calories
Trans fat (g)	0g
Maximum sodium(mg)	1350mg max
Total carbohydrates(g)	50-55% of total calories = 125g minimum(50% of 1000 calories) - 186 g maximum (55% of 1350 calories)
Dietary Fiber (g)	14g per every 1000 calories or fraction of 1000. Example for 1350 calories = ~19 grams of fiber
Protein(g) Note: this is the grams of protein in the meal.	Total of 15 – 25 % of calories. 38-84 grams of protein. Example: minimum 38 g ( g = 15% of 1000 calories = 150 cal/4 = 38 g )maximum 84 g (84 g = 25% of 1350 calories = 337 cal/4 = 84)

### Shelf Stable Breakfast Meal Kit

- **Cereal** - Large cereal bowl pack (1.75-2.75 oz. allowable as two smaller packs. Whole grain preferred; less than 35% of calories from sugar, 40% if cereal contains dried fruit)
- **Milk** - 8oz Skim or 1% UHT milk
- **Fruit Product** – Fruit cup 100% fruit Juice or light Syrup (4 oz. cup minimum), dried fruit (¼ cup minimum), fruit snacks (made with real fruit, good source of vitamin C) or fruit (good source of vitamin C)
- **Breakfast Bar** -must provide at least 2.5g of fiber per serving and less than or equal to 10 g of sugar per serving
- **Juice** - 8 oz. 100% fruit juice or 100% fruit juice blend; 100% DV vitamin C required in both
- **Pastry type** - toaster pastry, muffin, Danish, or doughnut

Category	Current Standards
Calories	1000 minimum-1300 maximum
<u>Maximum</u> Calories from fat 30%	No more than 30% of calories (minimum 25%). Example: 250 calories for 1000 calorie meal, 390 calories for 1300 calorie meal. 25-30% of calories from fat
<u>Maximum</u> Total fat (g)	30 % total. Example: 28g for 1000 calorie meal, 43g for 1300 calorie meal
<u>Maximum</u> Saturated fat (g)	11 g maximum for 1000 meal and 15 g for 1300 calorie meal. Maximum 10% of calories from saturated fat
Trans fat (g)	0g
Maximum sodium(mg)	1300 mg maximum
Total carbohydrates(g)	125g minimum - 179g max = 50-55% of total calories
Dietary Fiber (g)	14g per 1000 calorie (example for 1300 calories fiber need would be 18 grams)
Protein(g) Note: this is the grams of protein in the meal.	Total of 15-25 % of calories. 38-81 grams of protein. Example: minimum 38 g ( g = 15% of 1000 calories = 150 cal/4 = 38 g) maximum 81g ( g = 25% of 1300 calories = 325 cal/4 = 81 g)

### Shelf Stable Brunch Meal Kits

- **Cereal** - Large cereal bowl pack (1.75-2.75 oz. allowable as two smaller packs. Whole grain preferred; less than 35% of calories from sugar, 40% if cereal contains dried fruit)
- **Milk** - 8oz skim or 1% UHT milk\*
- **Fruit Product** – Fruit cup 100% fruit juice or light syrup (4 oz. cup minimum) or dried fruit ( ¼ cup minimum), fruit snacks (made with real fruit, good source of vitamin C) or fruit (good source of vitamin C)
- **Breakfast Bar** – must provide at least 2.5g of fiber per serving and less than or equal to 10 g of sugar per serving
- **Juice** - 8 oz. 100% fruit juice or 100% fruit juice blend; 100% DV vitamin C required in both.
- **Condiments** –1 oz. Peanut butter and 1 oz. ounce jelly

Category	Current Standards
Calories	1000 minimum – 1300 maximum
Maximum Calories from fat	250 calories for 1000 calorie meal, 390 calories for 1300 calorie meal. 25-20% of calories from fat
Maximum Total fat (g)	28g for 1000 calorie meal, 43g for 1300 calorie meal
Saturated fat (g)	11 g maximum for 1000 meal and 15 g maximum for 1300 calorie meal. Maximum 10% of calories from saturated fat
Trans fat (g)	0g
Maximum sodium(mg)	1300mg maximum
Total carbohydrates(g)	125g minimum - 179g max = 50-55% of total calories
Dietary Fiber (g)	14g per 1000 calories
Protein(g) Note: this is the grams of protein in the meal.	Total of 15-25 % of calories. 38-81 grams of protein. Example: minimum 38 g ( g = 15% of 1000 calories = 150 cal/4 = 38 g) maximum g ( g = 25% of 1300 calories = 325 cal/4 = 81 g)



## **Basic Nutrition Guidelines for Fresh Meal Kit**

**Total Calories:** See specific calorie requirements below for each meal kit type

**Total Fat:** 25-30% of total calories

**Saturated Fat:** Less than 10% of total calories

**Trans Fat:** Zero grams

**Carbohydrates:** 50-55% of total calories

**Protein:** 15 - 25 % of calories

**\*\*Sodium\*\*:** Less than 1250mg

**Products containing monosodium glutamate (MSG) as an ingredient must be avoided and will not be accepted.**

**Fiber:** Minimum 14 grams per 1000 calories

**Drinks:** 100% Fruit Juice or 100% Fruit Juice Blends both with 100% Daily Value (DV) for vitamin C; Skim / 1% Milk fortified\*.

**Not approved** for use in military meal kits water, enhanced water (i.e. vitamin types), sports drinks (i.e. electrolyte based), energy drinks, and non-nutritive drinks (i.e. artificially sweetened).

Kits must have a Nutrition Label in accordance with Nutrition Labeling and Education Act that displays **total** nutrient amounts **for the entire meal**. Additionally, each food and drink item in the meal kit must have a nutrition label.

Meal kits must have a **3-4-day shelf life upon receipt at the Warrior Restaurant.**

**\*\*See Table of Contents for specific nutrition requirements for each meal kit type**

\*vitamin A (at least 15 percent of Daily Value (DV)) and vitamin D (at least 15 percent of DV) and shall provide at least 25 percent of DV of calcium per 8 oz. liquid serving.

## Complete Fresh Lunch Meal Kit

- **Entrée** – Shall have a minimum of **2.5 oz. of protein**.
- **Bread type**- whole grain or whole grain rich --bun, tortilla, wrap, sticks, or sliced
- **Snacks** – chips preferably baked, combos, pretzels, crackers, nuts/seeds/trail mix (minimum 1 oz. maximum 2 oz.)
- **Fruit Product** – Fresh fruit, fruit cup 100% fruit juice or light syrup ( 4 oz. cup minimum), dried fruit (1/4 cup minimum)
- **Dessert** – small cookie, candy bar, candy pieces (2 oz. maximum) or pudding
- **Salads**- 50% is dark green leafy vegetables such as romaine or spinach.
- **Drink** - 8 oz. minimum.
- **Condiments** –Two .5 oz. or one 1 oz. packet of mayonnaise, low fat dressings or sauces as applicable to meal.

Category	Current Standards
Calories	1000 minimum -1350 maximum
Maximum Calories from fat	No more than 30% of calories (minimum 25%). Example: maximum 300 calories for a 1000 calorie meal /405 calories for 1350 calorie meal
Maximum Total fat (g)	33g for 1000 calorie meal, 45g for 1350 calorie meal. 25 -30 % of calories from fat
Saturated fat (g)	11 g -15 g maximum. This is based on total number of calories. Example : 11 g for 1000 calories 15 g maximum for 1350 calories
Trans fat (g)	0g
Maximum sodium(mg)	1250mg
Total carbohydrates(g)	125 g minimum - 186 g max – 50 -55 % of calories from carbohydrates
Dietary Fiber (g)	14g per 1000 calories
Protein(g) Note: this is the grams of protein in the meal.	Total of 15 – 25 % of calories. 38 -84 grams of protein. Example: minimum 38 g ( g = 15% of 1000 calories = 150 cal/4 = 38 g )maximum 84 g (84 g = 25% of 1350 calories = 337 cal/4 = 84)

### Frozen Lunch Meal Kit for Ages 17 and Younger (i.e. JROTC, Boy Scouts)

- **Entree** - shall have a minimum of **3 oz. of protein**.
- **Bread Type**- whole grain--bun, tortilla, wrap, or sliced.
- **Snacks** –chips, combos, pretzels, crackers, nuts/seeds/ trail mix (minimum 1.0 oz., maximum 2oz)
- **Fruit Product** – fruit cup 100% in juice or light syrup ( 4 oz. cup minimum), dried fruit (1/4 cup minimum) , fruit snacks (made with real fruit, good source of vitamin C) or fruit (good source of vitamin C)
- **Dessert** – small cookie, candy bar, candy pieces (2 oz. maximum) or pudding
- **Drink** - 8 oz. minimum.
- **Condiments** –Two .5 oz. or one 1 oz. packet of mayonnaise, or sauces as applicable to meal.

Category	Current Standards
Calories	775 minimum -1000 maximum kcal
Maximum Calories from fat	30 -35 % calories from fat. 275cal for 775cal meal, 350cal for 1000cal meal
Maximum Total fat (g)	30g in 775 calorie meal, 39g maximum for 1000 calorie meal.
Saturated fat (g)	11g maximum – no more than 10% of calories from saturated fat
Trans fat (g)	0g
Maximum sodium(mg)	1000 mg maximum
Total carbohydrates(g)	97g minimum – 138 g maximum. 50-55 % of total calories from carbohydrates
Dietary Fiber (g)	14g per 1000 calories
Protein(g)	Total of 15 -25 % of calories. Minimum 775 calories at 15% = 116 calories/4 = 29g protein Maximum 1000 calories at 25% = 250 calories/4 = 62g protein maximum
	<b>Minimums and maximums are calorie based.</b>

## **Sources, Purpose and Submission of Kits for Review:**

### ***Sources:***

Meal Kit Standards: Basic Nutrition Guidelines for Fresh Meal Kit, Dietary Reference Intakes (DRIs): Recommended Dietary Allowances and Adequate Intakes for Elements and Vitamins, Army Regulation 40-25: Appendix B – Military Diet and Nutritional Standards (B-1 and B-2), Dietary Guidelines for Americans.

### ***Purpose:***

The meal kit standards are published by the Joint Culinary Center of Excellence (JCCOE) and are designed to meet or exceed the Dietary Guidelines put forth by the USDA/Department of Health and Human Services and the Army nutrition standards in AR 40-25. The purpose is to promote performance, resilience and health, and to decrease risk of chronic diseases. JCCoE will review and publish by name and catalogue number the items that are authorized for Food Program procurement and **only** those meal kits that have been reviewed by the Quality Assurance Division for compliance with the standards. This list contains the only items that should be procured by Army food service operators. Food program managers will use only this listing to comply with regulations in AR 30-22, Army Food Program. Items by the same manufacturer are not necessarily compliant, and should not be procured unless specifically listed. Meal kit standards are subject to change. Any time changes in national dietary recommendations, guidelines, and/or regulations occur there will likely be a change in the meal kit standards. Changes are not limited to these events.

### ***Submission of Meal Kits for Review:***

1. Meal Kits must follow the Nutrition Labeling Act for each product in the kit and provide a Nutrition label for the entire kit on the outside packaging.
2. For product review, provide at least three kits and a nutrition listing for the full kit as well as each commodity in the kit to JCCoE, Quality Assurance Division, Attn: Dietitian. 1831 "A" Avenue, Room 303B, Fort Gregg-Adams, Virginia 238

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