

UNITED STATES ARMY
FOOD PROGRAM
IMPLEMENTATION GUIDE FOR
Nutritional Standards
Go for Green Army
Dining Facilities



Established: March 2019



TABLE OF CONTENTS

Summary of Changes.....3

General Information/Policy4

Cycle Menu.....4

Special considerations for menu planning.....4-6

Recipes.....5

Breaded/Par Fried Foods and Fish Procurement.....6

Subsistence Prime Vendor Item Availability.....6

Equipment.....6

Menu Standards.....7-14

- Breakfast7-9
- Lunch/Dinner9-11
- Short Order.....11
- Deli Bar... ..11-12
- Salad Bar Standards12
- Specialty Bars (Pasta, Potato, Taco)13
- Holiday Meals/Specialty Meals14
- Brunch... ..14

Product, Service, and Preparation Standards.....15-17

Evaluation.....18

Procedures are written in accordance with Army Regulations.....19-20

Go for Green® Army Summary.....21

M-NEAT.....22

Appendix A-Updated Army Menu Standards23-27

Appendix B-Recipe Modifications.....28-30

Appendix C- Implementation Checklist.....31

Appendix D Produced Guide.....32-35



Summary of Changes

Equipment

- Army DFACs will limit use of Deep Fat Fryers and use other methods first – Combi-Ovens, bake-able products.

Vegetables

- No more than one breaded or par-fried fried vegetable per day on the main line.

Beverages

- Water from two dispensers will be in beverage area, consider soda/seltzer water as second, carbonated option.
- 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.

Grains

- One of five cereals must be 100 percent folate fortified. Fortification requirements may be combined in one cereal.

Meat and Entrée's

- To provide three choices of breakfast meats.

Soups

- When offering more than one soup at least one should be a reduced sodium soup.
- Requirements for a reduced sodium soup is ≤ 600 mg of sodium per 8 ounce serving

Desserts

- Desserts may not exceed 250-300 calories per serving.

Short Order

- Minimum of six grilled or specialty bar items (to include two entrée type proteins) i.e. vegetarian sandwiches, wraps sandwiches, flatbreads/pizzas, burritos, grilled chicken, fajitas.
- French fries, tater tots, onion rings preferably baked or air fried.
- Chip and pretzel options will include baked or whole grain varieties.
- One grilled, fresh vegetable or hot vegetable will be served at short-order station at all times.



GENERAL INFORMATION

The Implementation Guide for the Go for Green Army Nutrition Standards, Food Service Program is intended to be the guide of Operating Procedures for the United States Army Food Program (DA PAM 30-22). This is an Army program developed to establish a feeding (“fueling”) standard for Army DFACs. It infuses DOD, DA and SOF nutrition standards, nutritional education, menu development, product selection, preparation, and serving standards. This program is designed to improve health fitness, readiness and increase the Soldier’s performance is accomplished through nutrition awareness. There are several tenets:

- Modified application of Nutritional Standards to promote healthier eating.
- Prescribed standardized menus, recipes, preparation methods, and portion sizes for use among all Garrison 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 Standardized Garrison Nutrition program is mandatory for use in all DFACs. The pending revisions to Army Food Program policy and procedures (DA Pam 30-22) publications will reflect the guidance contained in this document. The JCCoE ACES team provides guidance and information to Commanders, Food Advisors, SGMs and Food Program Managers on the Nutrition Standards for Army Garrison Dining Facilities.

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 Army dining facilities. Breakfast menus 1-7 rotate every week and lunch and dinner menus will rotate every three weeks (21 days). The standardized menu includes a sandwich deli bar, a salad bar, fitness food selections, dessert selections, and beverages (hydration stations). Soups and specialty bars are optional menu components. Short order menus will be incorporated seven days a week.



SPECIAL CONSIDERATIONS FOR MENU PLANNING

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

Vegetarianism: The Standardize Garrison 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 fish, chicken, 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, braising 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 nutrition standards only in mission essential situations such as a “back up” or staffing is low due to weather, emergency, etc. Prior to acquiring 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. The Army Buyers Guide provides the allowable amount of breading per product. The buying guide is located on the JCCoE website at:

http://www.quartermaster.army.mil/jccoe/Operations_Directorate/CSPD/CSPD_main.html

FISH

Several different types of white fish products are on the Standardize Garrison 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 Standardize Garrison 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 fatty acids.

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/CSPD_main.html

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 CSPD representative, (804) 734-4858/4862 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.



MENU And NUTRITION 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 fruit and vegetable Blends
 - i. Orange Juice fortified with Calcium (minimum of 300 milligrams of calcium per 8 oz serving) and Vitamin D (minimum of 150 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. 100% Vegetable juice or tomato juice, preferably low sodium [vegetable juices mixed with fruit juice are 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 12- 24 grams carbohydrate, 82-163 mg sodium, and 82-163mg potassium]
- k. Based on customer demand, offer lactose free milk and/or soy milk fortified with calcium, vitamin A and vitamin D.
- l. **Sodas/ Seltzer water as second carbonated option. If soda is offered, two must be caffeine-free (one light and one dark option) and one must be low-calorie.**

2. Fruit:

- a. Offer two or more choices of whole fresh fruit.
- b. Offer precut (cut pieces or sectioned) fruit, for example, cantaloupe, pineapples, grapefruit, Kiwi etc. See Appendix D.
- c. One choice of dried fruit without added sugars or unsweetened preferred.
- d. Offer frozen fruit with no added sweetener or canned fruit, packed in light syrup or 100% juice, when fresh fruits are not available. Priority: 1-Fresh, 2-Frozen, 3-Dried, 4-Canned.
- e. Seasonal fruits offered as much as possible when available.



3. Cereal:

- a. One cooked whole grain cereal choice without added fat or sugars.
- b. A minimum of six ready-to-eat cereal choices with fewer than 230 milligrams of sodium per serving must be provided. Out of the six, four must be whole grain ready-to-eat cold cereals, two of these must have whole grain listed as the first ingredient. Three must be without sugar coating and one of the three must contain ≥ 3 g fiber per serving. Bulk dispensing of the two highest volume cereal is recommended, and more bulk choices may be offered.
- c. Fortification requirements may be combined in one cereal. One of five cereals must be 100 percent folate fortified.

4. Eggs:

- a. Liquid pasteurized frozen egg products must be used unless the end item has a distinct yolk. No pre-made eggs of any type shall be used.
- b. Offer two breakfast egg options such as scrambled eggs, hardboiled eggs, and cholesterol free eggs (Egg Whites) daily.
- c. Offer Omega-3 fatty acid rich eggs when available.
- d. 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.

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. **Priority: 1-Whole grain, 2-Made with real fruit/vegetables, 3-Deep Color, 4-White/Enriched**

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 or equal to 1 gram of saturated fat per 100 calories, equating to approximately 10% saturated fat content and total fat 12grams per serving for patties/links and less than 5g of fat per serving for turkey bacon, Canadian bacon, center cut bacon). Cream beef may be served as an addition 3 times per week. **No more than one higher fat breakfast meat daily, i.e. bacon, sausage, or other breakfast meat with high fat content.**

7. Potato/Starch Choice: One hot starch served at breakfast with minimal to no added fat or sugar. Priority: 1-Whole grain, 2-Vegetable Enhanced, 3-Deep Color, 4-White/Enriched. **Starch options include, but are not limited to, potatoes (white, purple, gold, red, sweet), rice (brown, white, wild), pasta (whole grain, vegetable, white), quinoa (any color), couscous, squash (acorn, butternut, pumpkin), etc..** Potato choice must be cooked using lower fat preparations methods Baked or Grilled. **Deep fat frying last method.**

8. Bread: Four bread types will be available.

- All sliced bread must be 100% whole grain (whole wheat with at least 2.5 g fiber per serving).
- One whole grain white bread with at least 2.5 grams fiber per serving.
- One Tortilla. Options include, but are not limited to, whole grain, spinach, plain, and tomato basil, etc. Flavors to be rotated throughout the menu cycle.
- 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:** One breakfast pastry such as a muffin, quick bread, which follows recipe. If store-bought or pre-made, must contain less than or equal to 10g fat per serving and less than or equal to 25g sugar per serving.
10. **Yogurt:** At a minimum offer two flavors of non-fat or low fat (less than 3 g of fat per serving) individual yogurt (at least 6 oz but no more than 8 oz) or bulk low fat (less than 3 g of fat per serving) yogurts. **Without artificial sweeteners at all meals to include one plain and one flavored option.**
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. **All sauces, condiments, spreads must be trans fat-free and contain no partially hydrogenated oils and be less than or equal to 10% saturated fat (1g fat per 100 calories) except for butter.**
 - 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. Ketsup, hot sauce, mayonnaise, mustard, relish
 - e. Jams or Jelly; offer one fruit spread or low sugarjelly/jam
 - f. Syrup
 - g. Two or more spreads (e.g. low fat cream cheeses, honey)
 - h. Nut butters (peanut, almond)
 - i. Salsa
 - j. Trail mix

Lunch/Dinner

1. **Beverages (Hydration Stations):** Same as Breakfast criteria.
2. **Soups:**
 - a. Soup should be \leq 800mg sodium per 8 ounce serving; when offering more than one soup one must be reduced sodium \leq 600mg sodium per 8 ounce serving; cream based soups should be \leq 1g saturated fat/100 calories . Offer one reduced sodium soup per day either cream or broth based (**Broth type mixed soups with vegetables, rice, pasta, beans, chicken, turkey, stew, or chili type.** Offer broth-based soups at higher frequency than cream-or milk-based soups. 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 (2) main entrée choices, which will be naturally lean selections; such as, but not limited to, fish, seafood, poultry, red meat, or vegetarian, prepared and served without added fat



(round or loin cuts that have been baked, grilled, or roasted and with visible fat removed Three are desirable).

- a. Entrées will be prepared by either baking, grilling, steam, broiling, braising or roasting and served without added fat. If facility serves only one entree on the main line per meal, no more than one fried entrée per day. Deep fat frying last option in preparing entrees. **DFACs priority: 1. Baked, 2. Grilled, 3. Steamed, 4. Broiling, 5. Braising 6. Deep Fat Fryers.**
 - 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 fatty acids (salmon, tuna, trout, herring, mackerel, and sardines) will be served per week.
 - d. Only lean ground beef (fat content not to exceed 10%) and 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 at least three times per week to the degree requested by the customer. Vegetarian options containing a plant based protein source (e.g., beans, lentils, meatless or soy based type crumbles, patties) at the lunch and dinner meals.
 - 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 Choice:** Same as breakfast criteria.
 6. **Vegetables:** Two hot vegetables per meal with minimal to no added fat, sugar or salt.
 - 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, summer squash, tomatoes, zucchini, spinach, greens, and broccoli).
 - b. One additional vegetable is optional.
 - c. Legumes and beans served at least three times per week as a main entree or side dish, with less than or equal to 1 gram saturated fat per 100 calories (equates to approximately 10% saturated fat content).
 - d. No more than one starchy vegetable at lunch and dinner meals. Starchy vegetables include corn, winter squash (pumpkin, butternut, acorn, etc.), potatoes, peas (black-eyed, green), beans (baked beans, black beans, chick peas, garbanzo, kidney, lima, navy, pinto refried beans)
 7. **Fruit:** Same as breakfast criteria.
 8. **Breads:** Four bread types will be available. Same as Breakfast Criteria.
 9. **Yogurt:** At a minimum offer two flavors of low fat. Same as Breakfast Criteria.
 10. **Desserts:** “Sugar-free” or sugar-substitute (non-nutritive sweeteners) based type desserts are acceptable. **Desserts may not exceed 250-300 calories per serving.**

At least 4 different dessert choices that vary daily such as the following:



- a. If store-bought or pre-made, must contain less than or equal to 10g fat/serving and less than or equal to 25g sugar/serving. If made in-house, must adhere to Appendix B. To be placed on dessert bar.
 - b. One fresh fruit option cut or sectioned into bite-size portions.
 - c. Three additional dessert items such as but not limited to frozen yogurt, Greek-style yogurt, parfaits, cookies, cakes, pies, reduced fat ice cream etc.). Preference for baked goods to be made in house.
11. **Condiments/Toppings:** Same as Breakfast criteria.

SHORT ORDER

1. Six grilled or specialty bar items (to include two entrée type proteins). Grilled item examples can include but are not limited to hot meat or vegetarian sandwiches, wraps, flatbreads/pizzas, burritos, fajitas, grilled chicken, kabobs, flatbread or wrap sandwiches, or stir-fry options. Specialty bar examples can include, but not limited to, pasta bars, burger bars, curry bars, burrito bars, and other internationally themed bars. No nutritional value added by requiring hamburgers, cheeseburgers, grilled ham and cheese, grilled cheese, and frankfurters be served on short order stations.
2. One grilled, fresh vegetable or hot vegetable served at short-order station.
3. French fries, onion rings preferably air fried or baked.
4. Chip and pretzel options will include baked or whole grain varieties.
5. Assorted condiments and toppings to compliment short-order items.
6. Minimum modified short-order station options and standards will be the same as minimum short-order station options above, except only two short-order items required, at least one of which will be an entrée type protein.

STANDARD DELI BAR

1. **Deli Meats:** Three sliced lean meat options such as but not limited to turkey, ham, chicken, turkey pastrami, roast beef, etc. that contain less than or equal to 1 gram saturated fat per 100 calories (equates to approximately less than or equal to 10% saturated fat content), and product shall not exceed 302 mg Sodium per ounce (780 mg per 3 ounce serving).
2. **Cheeses:** Minimum of two sliced cheese choices (American, Cheddar/Colby, Provolone, Pepper/Monterey Jack, or Swiss).
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:** Vegetables/fruits (i.e. mushrooms, tomatoes, sun dried tomatoes, lettuce jarred or canned artichoke hearts, bell peppers of various colors, banana peppers, broccoli, onions [red, white, yellow or caramelized], garlic, jalapenos, pineapple, roasted red potatoes, spinach, fresh basil. Low fat mayonnaise, avocado, guacamole, olives, mustard, relish, and salad dressing.
5. Chip and Pretzel options will include baked or whole grain varieties.

STANDARD SALAD BAR

1. Leafy green salad minimum standard is 50 percent dark green leaves such as romaine, kale, endive, mixed greens, arugula, or spinach with no dressing added. 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 wedge	Mushrooms; not canned
Radishes, Radicchio	Sweet Peppers; Red, Yellow, or Green
Carrots; baby sliced, shredded or sticks	Cucumbers
Kale, Celery Sticks or sliced	Zucchini
Broccoli Florets	Yellow Squash
Red or White Onions; sliced or chopped	Red or Green Cabbage; Shredded
Snow Peas	Scallions
Cauliflower Florets	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, olives or avocado will always be included on the salad bar (this is not considered a fresh topping). Fresh fruits and or canned fruit in 100% fruit juice may be cut and served as a fruit salad and served on the salad bar.
4. Additional toppings that can be offered at diners preference are:

Green Olives	Tofu, edamame, black Beans
Feta Cheese	Chicken
String Cheese	Tuna(Water pack), canned Salmon
Cottage Cheese; reduced fat	Chickpeas
Hard Boiled eggs	Water chestnuts, Beets
Quinoa	Almonds, walnuts, pecans
Blueberries	Ham
Shredded Cheddar Cheese; reduced 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 fat salad dressing
 - b. Five choices of low-fat/light salad dressing (low fat is preferred over no-fat/fat free)



< 1g saturated fat per 100 calories)

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 bar examples can include, but not limited to, pasta bars, burger bars, curry bars, burrito bars, and other internationally themed bars. 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 here are examples of specialty bars.

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

Veggie/Vegan Crumbles

Potato Bar

Baked Potatoes

Chopped Broccoli (steam prior to serving)

Beans

Veggie/Vegan Crumbles

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)

Beans

Shredded Lettuce

Chopped Onion and Tomatoes

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). JCCoE Holiday menus are based on foodservice operations and budget. 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.

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

BRUNCH/ SUPPER

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



PRODUCT AND PREPARATION STANDARDS

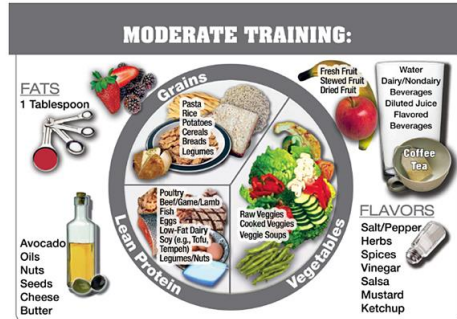
1. Methods of preparation include baking, braising, broiling, grilling, poaching, roasting, sautéing, steaming, stir-frying, stewing and searing. Deep-frying is the last option and only allowed on a case by case basis.
2. No oils or fats containing trans-fat or hydrogenated/partially-hydrogenated fats will be used. Use olive oil or olive/canola oil blends for most food preparations. Use sesame or peanut oils for Asian dishes as available.
 - a. Use air-propelled cooking sprays for grilling.
 - b. Some examples of trans-fat free oils are olive, avocado, canola, corn, safflower, and vegetable oils.
3. Use butter, trans-fat free oils (contain no hydrogenated/partially hydrogenated fats), and spreads for baking and pastries as appropriate.
4. Use nonfat dry milk and evaporated skim milk for cooking. Reconstitute as needed to equate to liquid milk requirements in recipes.
5. Use low fat or reduced fat cheeses, dairy products, mayonnaise, salad dressings, etc., in cooking, toppings, and condiments as feasible.
6. Use low-sodium or reduced-sodium soy sauce and products for food preparation as feasible.
7. Use pasteurized liquid, frozen egg products for recipe requirements instead of raw shell eggs.
8. Monosodium glutamate (MSG) is prohibited in products.
9. Frozen or Canned seafood must contain fewer than 290 milligrams of sodium per serving.
10. All pre-prepared entrees must contain fewer than 800 milligrams of sodium per serving.
11. When all hot items are served on the same line, serving line sequence is hot non-starchy vegetable side dishes first, hot starchy side dishes second, followed by main entrees.
12. All items will be labeled with nutrition information at serving point.



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 Athletes Plates. The Athlete’s Plates are tools for you to better adjust your eating to your physical demands.



The Athlete's Plates are a collaboration between the United States Olympic Committee Sports Dietitians and the University of Colorado (UCCO) Sport Nutrition Graduate Program.



The use of copyright permission by US Olympic Committee Sports Dietitians and the University of Colorado Sports Nutrition Graduate Program.

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 Appendix D.



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 Standardize Enterprise Menu program will be conducted as follows:

1. An installation supporting the Enterprise Menu 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. This request for change must be justified see #3 below.
2. 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.
3. Incorporating menu changes 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 Standardize Enterprise Menu 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 3-23 A major responsibility of the FOS is to ensure that diners have sufficient and balanced menu choices in accordance with published nutrition standards. Fads and well-intended local initiatives may be detrimental to long-term health, well-being, and morale.

Chapter 3-58. The FPM will ensure that a food safety food defense and nutrition education program is developed, monitored, and executed for FOS and/or contract managers and staff. The FPM will coordinate with the Installation Dietitian and JCCoE Dietitian to obtain updated requirements and revisions to nutrition education program, such as Go For Green®. The management and staff training program will focus on personal hygiene, food handling, food risk management, facility and equipment utilization, sanitation procedures, and the application of nutrition principles and Go For Green® standards in menu development and food service practices.

- a. Healthy food choices support a nutrient dense diet 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.
- b. Healthy foods typically have minimal food-processing technologies applied to them.
- c. 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.
- d. Safe food handling and/or storage techniques will reduce the risk of food-borne disease.

Chapter 3-59. The FPM will ensure that the following actions are taken to apply nutrition principles to the installation food service program:

(1) DFACs will provide highly acceptable food items for diner selection through the entire serving period for each meal. Menu will meet Go For Green® menu coding goals, with healthy options at every serving period.

(2) Menus will be reviewed for new items and Go For Green® coding accuracy on monthly basis as program requires. Food item catalogs and master item files will be reviewed and updated at least monthly 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 Go For Green® at least quarterly. Facility will maintain 80 percent of staff trained on Go For Green® in accordance with G4G requirements. Facility will maintain training records for annual Go For Green® program fidelity assessment.

(4) Training and promotional materials that educate customers and reinforce the benefits of choosing a nutritionally sound and balanced meal are available through Go For Green®, the nutrition education program and promoted at each DFAC.

b. The FPM will develop a briefing for the command and staff to provide an overview of nutrition and menu development in the installation food service program for both DFAC staff and Soldier customers.

c. The DFACs will support a nutritionally sound and balanced meal pattern. The FOS will—

- (1) Ensure healthy choice menu selections are available through the entire meal period.
- (2) Promote healthy selections by using displays directing diners to look for the healthy selections of the day and by prominently and attractively displaying the selections on the serving line.
- (3) Execute and maintain Go For Green®, the nutrition education program with informative and attractive posters, brochures, and other media educating diners on the relationships of healthy food choices, well-being and performance, and long-term health.
- (4) Apply multiple food preparation techniques to safeguard the nutritional quality of the food and address customer preferences.



AR 40-25 Nutrition and Menu Standards for Human Performance Optimization

Chapter 2-1g – DOD installations and hospital dining facilities will serve as models to help Service members, Family members, and DOD employees meet recommended nutritional guidelines. Menu design will incorporate principles of the current Dietary Guidelines for Americans (U.S. Department of Agriculture (USDA) and Health and Human Services), the ChooseMyPlate.gov (U.S. Department of Agriculture) and DOD menu standards (para 2–6).

Chapter 3-1 a. In order to maintain health and optimize human performance, all Services will provide Service members with a fundamental knowledge of nutrition during initial military training. The curricula will include basic nutrition principles that relate to optimal physical and cognitive performance across one’s life span. Additionally, all Services will incorporate nutrition education throughout each Service member’s career life.

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®-ARMY

Go For Green®- Army Dining Facility Nutrition Education Program

The Go for Green®-Army program is the Army's dining facility nutrition education program combining DoD Go for Green 2.0 and SOCOM nutrition standards. Go for Green®- ARMY nutritional recognition labeling system provides 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 (High-Performance fuel), amber (Moderate-Performance fuel), and red (Low- Performance fuel) based on the impact 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 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

Updated Army Menu Standards

Meat & Entrees

1. 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
2. Fish served at a minimum of three times per week as a main entree. At least one fish high in Omega-3 fatty acids (salmon, tuna, trout, herring, mackerel, sardines) will be served per week
3. Serve gravy and sauces separately unless they are integral part of the recipe.
4. Only lean ground beef and lean ground turkey (fat content not to exceed 10%) with no fillers or extenders
5. One or more vegetarian options at the lunch and dinner meals based on demand
6. 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. Use Combi Ovens. Deep fat fryer last option.
7. 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.
8. Only lean ground meats, i.e. beef, chicken and turkey, $\geq 90\%$ lean, with no fillers or extenders.
9. The lean entrée option may be vegetarian.

Vegetables

1. 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).
2. No more than one breaded or par-fried fried vegetable per day on the main line.
3. Legumes and beans served three times per week or more.
4. 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)



Fruit & Fruit Juices

1. Two or more fresh fruit choices per meal and one fruit canned or frozen on dessert or fruit bar.
2. Bananas at breakfast daily when available.
3. One or more good vitamin C source per day (citrus fruit, kiwi, cantaloupe, strawberries, cranberry or tomato juice)
4. Seasonal fruits incorporated in menu as much as possible when available.
5. 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.
6. Blended juices are acceptable but must be 100% juice.
7. Canned or frozen fruit (light syrup/own juice) when fresh fruit not available.
8. Raisins or other dried fruits available at meals, based on demand.

Salad Bar

1. 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.
2. Leafy green salad minimum standard is 50% dark green leaves such as romaine and spinach leaves.
3. Unsalted nuts and/or seeds, available for salads based on demand.
4. All chilled based salads prepared with low-fat mayonnaise or low fat salad dressings.



Dairy and Eggs

1. All milk fortified with vitamin A and vitamin D

Milk priority is as follows: 1. Pasteurized skim (non-fat) white 2. Pasteurized 1% fat (low-fat) 3. Pasteurized 1% (low-fat) chocolate or other flavors based on customer demand

2. Use 1% or skim in recipes when appropriate
3. Offer low fat or reduced fat dairy choices (cottage cheese, sour cream, cream cheese, shredded cheese and sliced cheese) based on customer demand
4. Low fat or reduced fat cheeses used in cooking when appropriate.
5. Offer low fat and fat free yogurt at all meals. Offer reduced sugar yogurts
6. Offer egg whites or egg substitutes (reduced cholesterol) as an alternative to whole egg products based on demand
7. Use egg substitute in place of whole eggs in baked items when appropriate
8. Offer DHA enhanced eggs when available and if subsistence funding is sufficient

Fats and Oils

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



Beverages

1. 1% milk fortified with vitamin A and vitamin D at every meal. Low fat chocolate and/or other flavored milk based on demand
2. Offer lactose-free alternatives (lactose free milk, soy milk) based on customer demand
3. Water dispenser available in beverage area
4. Coffee and hot tea available at all meals
5. Brewed decaffeinated coffee and decaffeinated (hot) tea available at all meals based on demand
6. Offer iced tea sweetened and unsweetened based on demand
7. 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
8. If soda is served, offer at least 2 caffeine free sodas

Soups

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

Condiments

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



Desserts

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

Sodium

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



APPENDIX B

RECIPE MODIFICATIONS and Preparation and Cooking Standards Guidelines

The following recipes from TM 10-412 are examples of recipes required to be modified to meet the goals of the Enterprise Menu 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. 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 grill 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. 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 canola 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.

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



Desserts

Desserts may not exceed 250 to 300 calories per serving. No recipe made in house aside from desserts/pastries will exceed 4 cups added fats/100 servings (approx. 9g added fat/serving), 4 cups added sweeteners/ 100 servings (approx. 10g added sugar/serving), and 0.5 cups salt/100 servings (560mg sodium/serving).

Desserts and pastries prepared in house will not exceed the following: 5 cups added fats/100 servings (11g added fat/serving), 2.5 quarts (10 cups) added sweeteners/ 100 servings (20g added sugars/serving).



Appendix C

Implementation Checklist

- Review menu guidance to determine which items will be made by recipe card and items that will be requested to be pre-made. Collaborate with the Installation Dietitian to review the items to be pre-made.
- 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 Standardize Enterprise menu standards, and Go for Green[®]-Army Nutrition Education program.
- Market Go for Green[®]-Army Labeling foods on serving lines and throughout the dining facility with posters, table tents or displays, and handouts available for diners.



Appendix D Produce Guide

Note: When seasonal options are not available, choose frozen or canned in own juices/light syrup options from same color category of any season. Exact seasonal availability may differ depending on location and items may be available in multiple seasons even if not listed as such.

Produce Type	Season	Color	Examples
Fruits	Spring	Red/Blue/Purple	Cherries Raspberries Rhubarb Strawberries Red Apples Red/Purple Grapes
		Orange/Yellow	Apricots Pineapple Yellow Apples
		White/Tan/Brown	Bananas
		Green	Green Grapes Green Apples
	Summer	Red/Blue/Purple	Blueberries Strawberries Cherries Watermelon Plums Red Apples
		Orange/Yellow	Apricots Cantaloupe Nectarines Peaches Mangoes Yellow Apples
		White/Tan/Brown	Bananas
		Green	Honeydew Kiwifruit Green Apples



IMPLEMENTATION GUIDE

	Fall	Red/Blue/Purple Orange/Yellow White/Tan/Brown Green	Red Apples Grapefruit Pineapple Yellow Apples Bananas Green Pears Green Apples
	Winter	Red/Blue/Purple Orange/Yellow White/Tan/Brown Green	Red Apples Grapefruit Pineapple Yellow Apples Bananas Green Pears Green Apples



IMPLEMENTATION GUIDE

Produce Type	Season	Color	Examples
Vegetables	Spring	Red/Blue/Purple	Beets Radicchio
		Orange/Yellow	Carrots
		White/Tan/Brown	Mushrooms Turnips Radishes
		Green	Broccoli Collard Greens Mustard Greens *Peas Spinach Swiss Chard
	Summer	Red/Blue/Purple	# Tomatoes Beets Eggplants
		Orange/Yellow	*Corn Summer Squash Bell Peppers Carrots
		White/Tan/Brown	Mushrooms
		Green	Zucchini Okra Cucumber Collard Greens Bell Peppers Chayote Squash
	Fall	Red/Blue/Purple	Beets
		Orange/Yellow	Bell Peppers *Sweet Potatoes/Yams *Winter Squash
		White/Tan/Brown	Cauliflower Mushrooms Parsnips *Potatoes Rutabagas Turnips Jicama
		Green	Bell Peppers Brussels Sprouts Broccoli



IMPLEMENTATION GUIDE

			Celery Collard Greens Mustard Greens Kale Green Beans Swiss Chard Spinach
	Winter	Red/Blue/Purple White/Tan/Brown Green	Beets Radicchio Parsnips Rutabagas *Potatoes Turnips Brussel Sprouts Cabbage Celery Kale Leeks



COMMENTS / QUESTIONS / SUGGESTIONS

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