

**Joint Subsistence Policy Board
Department of Defense Menu Standards**

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 or citrus, 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% fruit juices served at breakfast

Juice with calcium and/or vitamin D served, when available

VEGETABLES

Two hot vegetables per meal

No more than one fried vegetable per day on the main line

One or more good sources of vitamin A or vitamin C per meal (colorful, dark leafy and deep yellow, orange and red vegetables including sweet potatoes, tomatoes, carrots, spinach, greens, and broccoli)

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 seven 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 when available

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 folate and iron-fortified

Bread varieties minimum standards: two choices of sliced breads, and one variety roll, cornbread, garlic bread, muffin, or biscuit offered with meals

Choice of four whole grain, ready-to-eat cold cereals with at least 2.5g fiber per serving, two without sugar coating, one 100% folate fortified at a minimum

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. Cereal bars if offered may substitute for a whole grain cereal choice

At least one starch such as potatoes or rice at breakfast based on demand

Use whole grain pastas and whole grain rice when available

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

One main entrée 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 two breakfast meats, one of which must be 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)

DAIRY AND EGGS

All milk fortified with vitamin A and vitamin D

Offer 1% or skim milk as the primary milk, when available

Use 1% or skim (when available) in recipes when appropriate

Offer low fat or reduced fat dairy choices (cottage cheese, sour cream, cream cheese, shredded cheese and sliced cheese) when available and 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 when available

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

BEVERAGES

Milk (1% or skim) at every meal. If 1% or skim milk not available, 2% is acceptable. Low fat chocolate and/or other flavored milk based on demand

Offer lactose-free alternative (lactose free milk, soy milk) based on customer demand

Sugar free beverage flavoring powders or low-calorie flavoring packets for addition to water will be offered for all meals if used in feeding operations

Water dispenser available in beverage area

Coffee and hot tea available at all meals

Brewed decaf coffee 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

Lowfat 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 when available

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 when available

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 when available