

MESS HALL HOURS OF OPERATION

Bruce Hall

Mess Hall 2000



Breakfast (Mon-Fri) 0600-0800
Lunch (Mon-Fri) 1100-1300
Dinner (Mon-Fri) 1630-1800
Brunch (Weekend & Holiday) 0900-1100
Dinner Brunch (Weekend & Holiday) 1630-1800

https://ice.disa.mil/index.cfm?fa=card&sp=84144&s=181&dep=*DoD&sc=16

Air Facility

Mess Hall 2109



Breakfast (Mon-Fri) 0600-0730
Lunch (Mon-Fri) 1100-1230
Dinner (Mon-Fri) 1600-1730
Brunch (Weekend & Holiday) 1000-1200
Dinner Brunch (Weekend & Holiday) 1530-1700

https://ice.disa.mil/index.cfm?fa=card&sp=84150&s=181&dep=*DoD&sc=16

Bobo Hall

Mess Hall 5005



Breakfast (Mon-Fri) 0530-0730
Lunch (Mon-Fri) 1130-1300
Dinner (Mon-Fri) 1700-1800

Peak Season Hours (Jun-Sep)

Breakfast (Mon-Fri) 0530-0830
Lunch (Mon-Fri) 1130-1400
Dinner (Mon-Fri) 1630-1900

https://ice.disa.mil/index.cfm?fa=card&sp=84151&s=181&dep=*DoD&sc=16

Lopez Hall

Mess Hall 24202



Breakfast (Mon-Fri) 0500-0630
Lunch (Mon-Fri) 1100-1300
Dinner (Mon-Fri) 1700-1830
Brunch (Weekend & Holiday) 1000-1200
Dinner Brunch (Weekend & Holiday) 1600-1730

https://ice.disa.mil/index.cfm?fa=card&sp=134294&s=181&dep=*DoD&sc=16

Weapons

Mess Hall 27219



Breakfast (Mon-Fri) 0530-0730
Lunch (Mon-Fri) 1130-1300
Dinner (Mon-Fri) 1630-1730
Brunch (Weekend & Holiday) 1000-1130
Dinner Brunch (Weekend & Holiday) 1600-1700

https://ice.disa.mil/index.cfm?fa=card&sp=84147&s=181&dep=*DoD&sc=16

PATRON EDUCATIONAL/NUTRITION AWARENESS HANDOUT



**Marine Corps Base
Quantico, VA**

INTRODUCTION

Athletes recognize that what they eat can impact their ability to win or lose. The ability to perform and recover is critical to success. Likewise, a physically fit Marine athlete is better prepared to face the challenges of training and combat. But without the proper fuel, i.e. food, even a fit Marine's performance will suffer. Endurance, strength, and recovery all depend on consistent and sound nutritional practices. Thus, learning to make the best possible food choices is a fundamental skill for all Marines.

Eating a performance diet is most easily accomplished in the mess hall due to the variety of healthy food options. A mess hall tool, entitled Fueled to Fight, includes a stop light color coding system. The color coding assists Marine athletes with identifying healthier food options and reducing the time needed for making performance enhancing choices. Use this guide to learn more about the program and begin the journey of performance fueling.

Welcome to the mess hall...the Marine athlete's TRAINING TABLE!



STANDARDS OF DRESS AND CONDUCT

1. Military dress code regulations will be enforced.
2. No shower shoes or open toe sandals.
3. No shorts made from cut-off trousers, unless properly hemmed and of Bermuda-type length.
4. No tank tops, T-shirts which do not properly cover the armpits, or any other type of undershirts.
5. No dirty or sweaty athletic attire inside facility.
6. All clothing should be clean and neat.
7. Profanity, abusive language, and/or loud yelling or talking are out of place at all times.
8. No radios of any type are permitted.

QUESTIONS/COMMENTS

If you have any questions or problems concerning the mess hall, feel free to discuss them with the Mess Hall Manager.

Further information is available at your installation's Semper Fit Program.

Nutrition Resources:

<http://www.choosemyplate.gov/>

http://www.mccsmiramar.com/health_promotion.html (West Coast)

<http://www.quantico.usmc-mccs.org/HealthPromotion/index.cfm> (East Coast)

WHY MUST I PRESENT MY I.D. AND MEAL CARD EVERY TIME I EAT?

You must show your I.D. and meal card as proof that you are entitled to subsist at Government expense. Patrons drawing BAS/COMRATS are not issued meal cards. If you did not have to show your card, then it would be possible for those patrons on COMRATS to eat Government-paid meals in addition to the COMRATS (money) they already receive. Therefore, the Government would be paying double to feed them, thus losing money.

WHY CAN'T I TAKE FOOD OUT OF THE MESS HALL?

If you attend a meal and satisfy your hunger, then additional food you take with you and eat later may appease your hunger and cause you not to attend the next meal. This results in extra cost for the meal you took food from, and a loss from the next meal you would normally attend because your signature would have meant monetary credits for the mess hall. If you take food out of the mess hall for someone else, the Government loses because they are feeding an extra person who did not sign in.

WHAT CAUSES A SHORTAGE OF NAPKINS, DISHES, CUPS, SILVERWARE, ETC.?

The money to pay for these items comes from a separate account and is budgeted far in advance. Many of these items are stolen, broken or thrown away – too many to be effectively replaced. How many times have you seen this property in a work section's coffee mess, barracks, or in the field? What would you do with a fork or spoon you found outside the mess hall – return it? Where do you think 100 to 250 pieces of silverware could disappear to in a month? They do not wear out, and when they are gone, they have to be replaced.

If patrons would stop removing these items from the mess hall, there would not be a shortage.

FUELED TO FIGHT

The Fueled to Fight program is a single system for product identification which enhances the Marine's ability to make healthy choices in the chow hall.

The goal of Fueled to Fight is to identify a single system within the mess halls that makes it easy for Marines to make healthy choices.

This single system is a way to label foods so that Marines can immediately know what food choices are best for fueling their bodies.

The system is not there to dictate what every Marine eats, it's an educational tool. Marines will be able to make "informed choices" and still have all options available.

Fueled to Fight is a collaboration between USMC dietitians and Sodexo. USMC dietitians established the single system for product identification based on a stoplight system. Mess hall management and operations will be in charge of labeling each menu item on the serving line.

Fueled to Fight categorizes foods using the stoplight colors of **RED**, **YELLOW** and **GREEN**.

Foods are color coded as either Red, Yellow, or Green based upon the food's total fat and saturated fat percentage of total calories. The categories are based on recommendations of nationally recognized health agencies and DoD dietitian collaboration. Food items are identified throughout each dining facility using labels on the serving line.

GREEN: These foods are great choices for overall health, physical and mental performance.

YELLOW: These foods should be consumed occasionally because they are higher in total fat and saturated fat.

RED: Limit the intake of these foods because they are the highest in unhealthy fat and can decrease performance.



ARE YOU FUELED TO FIGHT?



	Engage at Will (Great Choices)	Well Aimed Shots (Use Occasionally)	Check Fire (Limit)
Dairy	*3 cups every day Non Fat or 1% Milk, Fat Free or Low Fat Yogurt or Greek yogurt, Non Fat Sour Cream, Cottage Cheese (non fat or 1%), Non fat Dry Milk	2% Milk, Sherbet/ Frozen Yogurt, Low Fat Sour Cream, Low fat & Light Cheese, Buttermilk, Ice Milk	Whole Milk, Creamer, Whipped Cream Whole Milk Yogurt, Sour Cream & Cottage Cheese, Regular Cheese & Ice Cream, Milkshake, Cheesecake
Meat/ Protein Sources	*5 to 7 ounces every day Egg Whites, Egg Boaters, Any Fresh Fish, Chicken or Turkey breast (without the skin) Round cuts of beef, pork tenderloins, Non fried tofu or other soy products.	Whole Eggs, Fish: water- packed canned, salted or smoked, Shellfish Game Hen, Dark Poultry meat, Canned Chicken, Turkey Franks Most Beef, Pork, Lamb, Veal (extra lean)	Egg yolks, Fish: Oil packed canned, Fried Fish Processed Meats (sausage, bacon, hot dogs, some lunch meats) & Organ Meats Fried & Fast Foods Meat, Canned Meats & Stews, Fatty Marbled Red Meat
Grains/Cereals	*At least 6 to 8 ounces a day. AT LEAST ½ of the grain servings should be whole grains. Example: 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent. Popcorn: air popped, no butter.	Breads or cereals with less than 3 grams of fiber per serving. Refined grains and pastas such as corn tortillas, couscous, de-germed cornmeal, crackers, flour tortillas, white flour, white rice, regular pasta, grits, and noodles. Most pretzels. Pancakes, bagels or muffins with less than 3 grams of fiber per serving. Baked chips. Popcorn: low fat and light	Most snack crackers, most granola, biscuits, bakery products such as cake, pies, cookies, doughnuts, Danishes. Prepackaged rice or pasta with sauces. Macaroni and cheese. Sweetened cereal. French Fries, Chips. Popcorn: regular microwave or popcorn from the movies
Fats & Oils	Use Sparingly Soy Oil (ex Palm) Use other spices, seasonings	Imitation/ Reduced Fat Mayo Salad/ Vegetable Oil Margarine, Low fat & light salad dressing	Regular Mayo, Tartar Sauce, Butter, Hard Margarine, Palm and Coconut Oil, Animal Shortening / Lard
Dried Beans, Peas, Nuts	Dry beans and peas can be counted either as vegetables (dry beans and peas subgroup), or in the meat, poultry, fish, dry beans, eggs, and nuts (meat and beans) group.	Regular peanut butter, low fat refined beans, some varieties of garden burgers or veggie burgers. Texturized vegetable protein. Unsalted sunflower seeds, almonds, walnuts, and hazelnuts (filberts).	Refined beans, salted nuts, and some packaged trail mixes.
Fruits and Vegetables	At least 2.5 cups of fruit and at least 4 cups of vegetables a day Example: 1 cup of fruit or 1 cup of 100% fruit juice counts as 1 cup. ½ cup of dried fruit can be considered as 1 cup. Example: 1 cup of raw or cooked vegetables, or 1 cup of vegetable juice counts as 1 cup.	All fresh fruits and vegetables. Frozen vegetables. 100% fruit and vegetable juices. Frozen juice bars. Salsa. No added salt. Canned vegetables. Dried fruit. Unsweetened applesauce. Avocado, olives, sauerkraut	Canned fruit in light or heavy syrup. Regular canned vegetables. Sweetened applesauce. Frozen fruits with added sugar. Frozen veggies with sauce or cheese. Coleslaw, potato salad, French fries, onion rings, hash browns, later tots, scaloped or Au Gratin Potatoes. Deep fried vegetables. Fruit candies, fruit drinks that are not 100% fruit juice, sweetened dried fruits.
Beverages	*Serving size depends on individual needs	Water, Non fat or 1% milk, Unsweetened Tea and Coffee	Sports Drinks, Regular Soda, Fruit drinks, punch, lemonade, sweet tea, whole milk, alcohol
Supplements	*Serving size depends on individual supplement	If your doctor has determined the supplement is safe for you and prescribes a safe dose to follow. Multivitamin products with seals from third-party verification programs (i.e. USP, NSF, etc.). Vitamins/minerals that do not exceed 100% of the daily value. Always ask a physician before taking a vitamin/mineral. Small doses of caffeine may increase athletic performance if approved by your physician.	Energy Drinks. Any supplement that has limited research. Any supplement that you have not cleared with a physician. Supplements may interact with medications and may cause increased risk for dehydration.

*Serving size is based on males and females aged 19 to 30 years old who engage in at least 30 minutes of physical activity most days of the week. Serving sizes vary depending on height/weight, age, gender, and level of physical activity.

Helpful websites: www.humanperformanceresourcecenter.org; www.nal.usda.gov/nlc; www.nlm.nih.gov/medlineplus; <http://champ.usuhs.mil/warfighterguide.html>

For more information on nutrition or Fueled to Fight, contact Semper Fit

FREQUENTLY ASKED QUESTION

WHAT IS A RATION?

A ration is a prescribed quantity of food that is required to provide a nutritionally balanced diet for one Marine for one day. The established menu utilized for the preparation of food in the mess halls is designed to provide that diet. Each recipe used in the mess hall specifies how large or small a portion will be. This keeps the mess hall within budgetary guidelines. The ration value is computed to feed a prescribed quantity of food to provide a nutritionally adequate diet including all items on the menu.

WHAT IS A PORTION?

A portion is the amount of food items considered to be adequate to provide a nutritional meal. The Armed Forces Recipe Cards are required to be used in the preparation of food in the mess hall. These recipes contain information on how much food is required to feed a certain number of people, how the food is prepared, and what size portion to serve. For example: If it takes forty pounds of roast beef to feed 100 people, then the portion size would be 4 - 1/2 ounces. If more than 4 - 1/2 ounces is served to the customers, then 100 people cannot be served, and thus the cost to feed will increase and the mess hall will over spend their budget.

HOW DOES THE MESS HALL KNOW HOW MUCH FOOD TO MAKE?

The mess hall manager estimates how many customers they expect to feed per meal. The manager will never know for sure, but must take into account past attendance records and other factors. This is usually effective, but certainly is not error-free and at times some food selections can run out and you may have to wait for replacement/substitute items.

SINCE I RATE MEALS AT GOVERNMENT EXPENSE, WHY CAN'T I TAKE EVERYTHING OFFERED AND THROW AWAY WHAT I CAN'T EAT?

Waste is one of the biggest problems in the mess hall; Every time food is thrown away, money is wasted. Patrons have a tendency to eat with their eyes instead of their stomachs



Dietary Guidelines 2010 Selected Messages for Consumers

Take action on the Dietary Guidelines by making changes in these three areas.

Choose steps that work for you and start today.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



January 2011

NUTRITION, WEIGHT CONTROL AND PERFORMANCE

Nutrition is a critical factor in enhancing athletic performance, injury prevention, recovery and resiliency in athletes and active duty Marines. The appropriate selection of foods and fluids, proportions of macronutrients and timing of food ingested are important for maximum performance and give an edge to competition/combat. Proper nutrition provides adequate calories, protein and many other nutrients necessary

to support intense workouts and improve performance, while maintaining body weight and body composition.

For maximum physical and mental performance, at every meal, eat carbohydrates, protein and drink milk.



Carbohydrates = Fruits & vegetables, low fat milk/yogurt/soy milk, whole grain bread, pasta, cereal, oatmeal, beans, peas, corn, potatoes.

***Choose 100% WHOLE GRAIN products.**

Protein = Low fat milk, yogurt, cottage cheese, & cheese, lean meats, eggs, fish & poultry, beans, nuts, and seeds, whole grains, soy products.

NUTRITION GUIDANCE FOR MALES AND FEMALES

Problem	What should you do?	Food Sources	Result
Low energy; sluggish; easily tired	Eat foods rich in CARBOHYDRATES	Whole wheat bread, cereal, pasta, rice, peas, corn, potatoes,	Carbohydrates provide fuel for muscles and brain
Muscle strains, injuries; slow to	Eat good food sources	Chicken, fish, beef, cheese, milk,	Faster recovery from injury; repair
Trouble sustaining energy output	Eat healthy FAT sources	Nuts, seeds, peanut butter, olive oil, olives, fish, canola oil, avoca-	Greater energy output; build muscle more efficiently
Constipation	Increase FIBER in diet	Whole grain bread & cereal; beans, peas, fruits and vegeta-	Relief!
Difficult maintaining body temperature; low energy	Increase IRON rich food sources	Beef, chicken, turkey, fish, spinach, kale, beans, peas, fortified	Greater energy; better tolerance to cold
Broken bones; stress fractures; brittle teeth	Increase CALCIUM rich foods. Increase VITAMIN D food sources.	Milk, yogurt, cheese, salmon, broccoli, kale, calcium fortified foods. Vit D fortified milk, eggs, seafood, fortified cereals	Strengthen bones and teeth; Vitamin D helps body absorb calcium and thus helps prevent fractures and bone weakness.
Increase muscle mass	Increase CALORIES and PROTEIN rich foods	Fish, chicken, lean beef, pork, milk, eggs, cheese, yogurt, peanuts, nuts/seeds, beans, lentils	Protein intake must be combined with weight training to build muscle mass.

