

# Joint Subsistence Policy Board

# Department of Defense Menu Standards

## Supporting the 21st Century Sailor and Marine

### 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 entrée. 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

