

## **BPA Catered Meals, Raw Subsistence and Edibles**

### **1. Meal Requirements**

#### **1.1. Hot – Breakfast (BK)**

1.1.1. Provide each of the following items per person, quantities listed are the minimum to be served:

- 1.1.2.1. 4 ounces of breakfast meat (bacon, Canadian bacon, turkey bacon, sausage patties or links, turkey sausage, ham, steak)
  - If serving bacon minimum of 3 pieces.
- 1.1.2.2. 6 ounces of scrambled eggs or 2 eggs (fried or peeled hard boiled)
- 1.1.2.3. 2 slices French toast, waffle, pancake, biscuit or ½ cup of starch
  - Starches are limited to a minimum: 1oz dry Oatmeal, 1oz dry cream of wheat, or 3oz Potatoes. Potatoes must be shredded, diced, or quartered.
- 1.1.2.4. 1 piece of fresh fruit (banana, orange, apple) or 1 cup diced seasonal fruit
- 1.1.2.5. 8 ounces of 100% fruit juice [see 4.7.5] (50% headcount)
- 1.1.2.6. 8 ounces 1% low fat milk (50% of headcount)

#### **1.2. Hot – Lunch/Dinner (LN/DN)**

1.2.1. See 4.1.1

1.2.2. Provide each of the following items per person, quantities listed are the minimum to be served:

- 1.2.2.1. 6 ounces of deboned protein (chicken, beef, pork, turkey, or fish)
  - 1 cup if serving ground meat in a sauce such as spaghetti or beef stroganoff.
- 1.2.2.2. 8 ounces of cooked starch (to include but not limited to rice, potatoes, noodles, etc.)
- 1.2.2.3. 1½ cups of lettuce salad and/or prepared salad (see 4.5)
  - Prepared salad quantities are as follows 1 cup pasta, ½ cup coleslaw, ½ cup potatoes.
  - Lettuce salad must contain vitamin rich leafy greens such as romaine, butter head, spinach, kale, arugula, etc. Iceberg lettuce is not to be used.
  - Pasta salad will not be served if the main entrée contains pasta.
- 1.2.2.4. 8 ounces of vegetable, hot (such as carrots, corn, green beans, mixed vegetables, etc.)
- 1.2.2.5. One (1) assorted slice of bread or dinner roll
  - Include an option of 100% whole grain or similar products
- 1.2.2.6. Provide one (1) fruit or one (1) dessert
  - When serving fruit; provide an assorted variety of bananas, oranges, apples, seasonal fruit
  - When serving dessert; provide an assorted variety, to include but not limited to:
    - Parfait 10 oz.
    - Cookie 1 (average weight ½ oz.)
    - Brownie 2” square (3 oz.)
    - Pie 3” wedge
    - Fruit crisp 1oz
    - Cake 3” square
- 1.2.2.7. 8 ounces of beverage – Provide a variety of electrolyte beverage, powdered beverage, tea, 100% fruit juice, and/or lemonade.

#### **1.3. Sack Breakfast**

1.3.1. Provide each of the following items per person, quantities listed are the minimum to be served:

- 1.3.1.1. 2 boiled eggs (large)
- 1.3.1.2. Individually wrapped 4 ½ inch bagel, 3.5 oz muffin, or 5 oz pastry item
  - Individually packaged cream cheese or butter for each bagel
- 1.3.1.3. Individually wrapped protein bar, minimum 10 grams of protein (assorted flavors)
- 1.3.1.4. Individually packaged unshelled nuts or trail mix, minimum 1.5 oz
- 1.3.1.5. 1 piece of fruit, banana, orange, or apple
- 1.3.1.6. Individually wrapped assortment of single serving cereal, minimum 1 ounce
- 1.3.1.7. Individually packaged 12 fluid ounces portable drink (electrolyte beverage, 100% fruit juice [see 4.7.5], 1% low fat milk, or breakfast drink)

#### 1.4. Sack Lunch/Dinner

1.4.1. Provide each of the following items per person, quantities listed are the minimum to be served:

1.4.1.1. Variety of sandwiches or wraps consisting of:

- 6-inch sub style sandwich bread (white, wheat, whole wheat, multigrain, whole grain, sourdough, rye)
- Or 10-inch wrap (whole wheat, spinach, white, roasted tomato)
- 5 ounces of deli meat (ham, turkey, chicken, roast beef, or Italian meats)
- 1.5 ounces of cheese (American, cheddar, provolone, Swiss, Pepper Jack, Monterey Jack)
- Lettuce, tomato, onion, and pickle in each sandwich or wrap.
- Provide individually packaged mayo, mustard, salt/pepper.

1.4.1.2. 1 piece of fresh fruit apple, orange, or banana

1.4.1.3. Individually packaged bag of chips (assorted variety) portion size 1 oz.

1.4.1.4. 1.4 oz. granola bar with a minimum of 10 grams of protein

1.4.1.5. Individually packaged trail mix or cookie

- If trail mix, legumes and dried fruit, cereal is not acceptable, minimum 1.7 oz
- If dessert, minimum ½ oz cookie or 3 oz brownie

1.4.1.6. 12 fl. oz. Portable Drink (Electrolyte beverage, or 100% fruit juice [see 4.7.5])

#### 1.5. Short Notice Meals

1.5.1. Short notice, fast delivery times.

1.5.1.1. Minimum 48 hours' notice.

1.5.1.2. Meals will be 1.1, 1.2, 1.3, and 1.4.

#### 1.6. Holiday Meal

1.6.1. Provide each of the following items per person, quantities listed are the minimum to be served:

1.6.1.1. Roast Turkey (Boneless Turkey) – 6oz

1.6.1.2. Corn - 4 oz.

1.6.1.3. Mashed Potatoes - 4 oz.

1.6.1.4. Spring Salad - 3/4 cup

1.6.1.5. Chicken Gravy - 1/4 cup

1.6.1.6. Bread Dressing - 3 oz.

1.6.1.7. Assorted Fresh Pies - 1/8 PIE 10" – 1 oz whipped topping

1.6.1.8. Dinner Rolls Assorted - 1 Roll

1.6.1.9. Margarine Patties - 2 PC

1.6.1.10. Provide two (2) 8 oz. beverages per person – Provide a variety of Electrolyte beverage, Kool-Aid, iced tea, 100% fruit juice [see 4.7.5] and/or lemonade.

#### 1.7. MWR Meal

1.7.1. Provide each of the following items per person, quantities listed are the minimum to be served:

1.7.1.1. Hamburger w/bun – 1 burger and bun; 4 oz. burger, 11oz bun

1.7.1.2. Hotdog w/bun – 1 hotdog and bun; 12 oz Hotdog, 11 oz bun

1.7.1.3. Baked Beans – ½ cup

1.7.1.4. Melon wedge – 1 wedge, 1" wide cut in fourths.

1.7.1.5. Pasta Salad – ½ cup

1.7.1.6. Assorted Bakery Cookies – 2 cookies, 2.25 oz each

1.7.1.7. Assorted Individual Potato Chips – 1 each, 1 oz bag

1.7.1.8. Onion, Lettuce, Tomato - 1 piece of each

1.7.1.9. Pickles, slices, or spears

1.7.1.10. Lemonade - 8 oz.

1.7.1.11. Assorted Carbonated Beverage – 1, 12 oz. Can

1.7.1.12. Iced tea - 8 oz.

## **2. Raw Subsistence and Edibles**

### **2.1. Raw Subsistence**

- 2.1.1. Typical items that can be purchased from grocery stores that are used in meal preparation.
- 2.1.2. All Raw Subsistence will be picked up by the Nebraska National Guard.
- 2.1.3. An itemized receipt will be with the groceries when picked up.
- 2.1.4. Contractor will ensure coordination is done prior to pick to ensure all items requested for by the government will be provided. Any substitutions or missing items will be communicated to the government POCs prior to the delivery date.

### **2.2. Raw Subsistence Short Notice**

- 2.2.1. Short notice request, 48 hours notification.
- 2.2.2. Typical items that can be purchased from grocery stores that are used in meal preparation.

### **2.3. Edibles and Event Meals**

- 2.3.1. Edibles and Event Meals from specific companies used to help market the NEARNG.
- 2.3.2. Edibles and Event Meals need to be high quality, from reputable and specific businesses.
- 2.3.3. Edibles and Event Meals will be delivered or picked up by requester.

## **3. Out of State Food**

### **3.1. Food that is required outside of Nebraska but typically in the Midwest.**

- 3.1.1. Meals will be 1.1, 1.2, 1.3, and 1.4.
- 3.1.2. Raw Subsistence will be 2.1.

## **4. Subsistence Guidelines**

### **4.1. Consecutive meals.**

- 4.1.1. If serving consecutive meals in the same location:
  - 4.1.1.1. All menu items must be rotated and refreshed, to ensure a variety of meals are served and that no specific meal is repeated.
  - 4.1.1.2. Rotate between assorted fruit and dessert per meal.

### **4.2. Delivery.**

- 4.2.1. Meals will be delivered in proper temperature holding containers, individually labeled with item name and proper serving portion per person.

### **4.3. Food-handling Procedures.**

- 4.3.1. Hot food must reach the customers at 140 degrees or above.
- 4.3.2. Cold foods will be held below 40 degrees according to USDA standards at [Food Safety | Food Safety and Inspection Service \(usda.gov\)](https://www.usda.gov/food-safety)

### **4.4. All meal items should be prepared in a kitchen with a current passing Health Inspection and in accordance with local and state laws to include but not limited to, Nebraska Food Code, Food & Drug Administration, & USDA. Meals will adhere to nutritional guidelines outlined at MyPlate - USDA at <https://www.myplate.gov/>**

### **4.5. Meats: Limited to beef, pork, chicken, fish, shrimp, crab, and turkey. The standards established within the Meat Buyer's Guide developed by the NAMI should be used wherever possible. The below specifications will be used when preparing government meals:**

- 4.5.1. USDA AMS graded products will be labeled "USDA Choice", "USDA Select", etc. Products labeled "US Ch", "US Ch Gr", "US Sel", or "US Sel Gr" are not recognized as officially graded by USDA and therefore will be considered ungraded.
- 4.5.2. Beef: USDA Choice or USDA Select. Utility grades (or below) are not to be used.

- 4.5.2.1. Ground Beef: Only lean bulk ground beef is allowed. Principle Display Panel must declare the fat to lean via language such as “90% Lean/10% Fat, 10% fat.” The use of language such as “90/10” is not acceptable.
- 4.5.2.2. Beef Patties: Will contain at least a minimum of 85% lean meat and will have no more than 15% fat. The Principle Display Panel must declare fat to lean percentage using language such as “85% lean/15% Fat, 85% lean or 15% fat”. The use of language such as “85/15” is not acceptable.
- 4.5.2.3. The use of Beef Patties as ground beef is NOT permitted.
- 4.5.2.4. Breaded Products: Will be no more than 30% breading by weight.
- 4.5.3. Pork: USDA #1, Select 1 minimum required grade.
  - 4.5.3.1. Bacon: Thickness can range from 8 to 10 inches in length and 1/16 in thick. The surface lean on the face of the slice shall extend at least 75 percent of the length of the slice less than 290 mg of sodium per serving. 18-22 slices per lb. (before cooking).
  - 4.5.3.2. Pork Steaks: Product may be pumped with a solution of lemon juice, water and phosphate up to a maximum of 15% of the green weight.
  - 4.5.3.3. Buffet Ham: no more than 10% water added.
  - 4.5.3.4. Breaded Products: Will have no more than 35% breading by weight.
- 4.5.4. Poultry: USDA Choice Grade A minimum required grade.
  - 4.5.4.1. Breaded Products: Will have no more than 35% breading by weight.
- 4.5.5. Seafood: Must comply with legal requirements to be from U.S. flagged vessels and processed in U.S. plants. These products must originate in facilities listed in the “USDC Approved List of Fish Establishments” and carry the PUFI shield.
  - 4.5.5.1. Seafood products included in the U.S. Standards for Grades of Fishery Products must meet requirements for Grade A or equivalent.
  - 4.5.5.2. Fish should be high in Omega 3s (ex. salmon, tuna, trout, herring, mackerel) Breaded Products: Will have no more than 30% breading by weight.
- 4.6. Salads: Lettuce Salad is made primarily of leafy greens that are either dark or light green, these include: spinach, romaine, kale, escarole, endive, butter, arugula, frisée, radicchio, romaine, spinach, and kale.
  - 4.6.1. Dressings: Salads must be accompanied with a minimum of two dressings *one must be fat free*.
    - 4.6.1.1. Options include: Dorothy lynch, ranch, Italian, balsamic, French, blue cheese, honey mustard, green goddess, Caesar, and buttermilk.
  - 4.6.2. Toppings: A minimum of 4 must be offered. Toppings can include: tomatoes, cucumbers, onions, cheese, bacon bits, peppers, nuts, eggs, meat, raw vegetables, dried fruit, beans, fresh fruit, croutons, roasted vegetables, avocado, corn, salsa, and olives.
  - 4.6.3. Prepared Salads: A side dish with its main ingredient being a carbohydrate that is served cold, to include coleslaw.
- 4.7. Fruits and Vegetables: All fruits and vegetables fresh or processed must meet the established US Standards for Grades for Processed Fruits and Vegetables, available at <https://www.ams.usda.gov>.
  - 4.7.1. Processed Fruits and Vegetables will meet Grade A requirements.
  - 4.7.2. Frozen Fruits and Vegetables: Fancy Grade 1 minimum required grade / brand for all frozen vegetables.
  - 4.7.3. USDA #1 minimum grade required / brand required for all fresh produce.
  - 4.7.4. Canned Fruits/Juices: Grade A Choice fruit minimum required grade.
  - 4.7.5. 100% fruit juice only. Not fruit juice from concentrate.
- 4.8. Condiments: All meals will have required condiments that complement the specific meal. Single service items include salt, pepper, salt substitute, individual butter, syrup, sugar free syrup, sugar, sugar substitute, assorted flavored creamers, jam, jelly, honey, hot sauce, BBQ sauce, ketchup, mustard, and mayonnaise.
- 4.9. The following items are prohibited:
  - 4.9.1. The use of protein extenders such as, but not limited to, Textured Vegetable Protein (TVP), Isolated Soy Protein (ISP), or Soy Protein Concentrate (SPC), for all 8905 items is prohibited. Additionally, the use of

enzymatic tenderizers such as ficin, bromelain, or papain is also prohibited.

4.9.2. Bottled water.

4.9.3. Soda and/or pop, except for 1.7 MWR Meal.

4.9.4. Deep fat fried foods.

4.9.5. Salads used as main entrée.

4.9.6. Breakfast bagel bar.

4.9.7. Candy bars and/or candy.

4.9.8. Pre-prepared and pre-packaged sandwiches, or any variation of a pre-packaged sandwiches, for breakfast, lunch, or dinner.

4.9.9. Pizza is not allowed to be served unless prior authorization has been provided by the government.

4.10. Allergens: Food labels must comply with the Food and Drug Administration's Food Allergen Labeling and Consumer Protection Act (FALCPA) of 2004. Under FALCPA, food labels are required to state clearly whether the food contains a major food allergen. A major food allergen is defined as one of the following foods or food groups, or is an ingredient that contains protein derived from one of the following foods or food groups:

4.10.1. Milk.

4.10.2. Eggs.

4.10.3. Peanuts.

4.10.4. Tree nuts (e.g. almonds, walnuts, pecans)

4.10.5. Soybeans.

4.10.6. Wheat.

4.10.7. Fish (e.g. bass, flounder, cod)

4.10.8. Crustacean shellfish (e.g. crab, lobster, shrimp)

4.10.9. The vendor will provide a list of items and meals with potential food allergens.

4.11. The daily menu requirements and portion size will be in accordance with the references below.

4.11.1. AR 30-22, The Army Food Program

4.11.2. DA PAM 30-22, Operating Procedures for the Army Food Program

4.11.3. AR 40-25, Nutrition Standards and Education

4.11.4. USDA My Plate

4.11.5. NE Food Code