**BREAKFAST**

Orders will specify hot or cold breakfast.

1) Hot Breakfast

a) Eggs - 2 fresh eggs (3 when scrambled) or 6 oz. of liquid eggs (no egg product or powdered eggs). Fried or poached eggs a minimum of 3 times per week.

b) Meat 4 oz.

c) Non-meat (vegetarian) protein option 4 oz.

d) Milk ½ pint.

e) Bread and Tortillas 1 to 2 oz.

f) Pancakes, French Toast, Waffles, Biscuits, or other bread equivalent 3 to 4 oz.

g) Potatoes 6 oz. or equivalent starch.

h) Fruit - Fresh (no apples or oranges) or Canned - 2 (1/2 cup) servings, at least one fresh option.

i) Chilled 100% Fruit Juice – minimum 5½ oz.

j) Cooked Cereal - 6 oz. (3/4 cup).

k) Yogurt – a minimum of 4 oz. (1/2 cup).

2) Cold Breakfasts – A cold breakfast shall contain the following items:

a) Dry Cereal – 2 individual serving boxes, minimum of ¾ oz. each.

b) Breakfast Meat Protein Item – One or more items with a combined weight of 8 oz.

c) Breakfast Non-Meat Protein Item (vegetarian) – One or more items with a combined weight of 8 oz.

d) Milk – ½ pint.

e) Bread or equivalent starch – 5 oz.

f) Fresh (no apples or oranges) or Canned Fruit – 5 ½ oz.

g) 100% Fruit Juice – minimum of 5 ½ oz.

h) Yogurt – minimum of 4 oz.

3) In addition to the above, the items listed below shall be made available for the breakfast meals:

a) Butter, margarine, cream cheese (breakfast availability only), instant hot cereal, jelly or jam, peanut butter, salt, pepper, sugar, cream (or substitute), tea and hot chocolate. These items shall be individually packaged.

b) Salt, pepper, mustard, ketchup, steak sauce, salsa, hot peppers, brown sugar, raisins, or other dried fruit, shall be provided in approved dispensers or original bottles in the dining tent area.

c) Brewed coffee and hot water.

Note: Vegetarian Shift Provisions shall be prepared for the Ovo-Lacto vegetarian classification level and shall consist of the same quantities and items as regular Shift Provisions.

Definition: Ovo-Lacto Vegetarian - This is the most common form of vegetarianism. Ovo-Lacto vegetarians do not eat meat, chicken, fish or flesh of any kind, but do eat eggs and dairy products. Subcategories are Ovo vegetarians that eat eggs but not dairy products, while Lacto vegetarians eat dairy products but not eggs, and dairy products.

**LUNCH**

Shift Provisions shall consist of the following items:

1) Primary Entree – 1 Sandwich/Wrap

a) The sandwich/wrap shall contain a minimum of 1.5 oz. of bread or bread equivalent. This is equivalent to two slices of bread or one tortilla.

b) The meat sandwich/wrap shall contain two different proteins totaling a minimum of 4 oz. (no artificial cheese product).

c) The vegetarian sandwich/wrap shall contain two different non-meat proteins totaling a minimum of 4 oz. (no artificial cheese products). No raw tofu; must be baked or prepared in some fashion.

d) Appropriate individually packaged condiments shall be provided and not be put directly on the sandwich.

2) Secondary Entrée – Whole food item consisting of a minimum of 400 calories. Contractors may choose various items for the secondary entre, including second sandwich.

3) Alternative Protein - Must provide a minimum of the following: 50 - 200 Calories > 5g protein. Tuna, beef or turkey jerky, hard-boiled eggs, hummus, nut butter, baked tofu, prepared tempeh, roasted edamame, or equivalent. No protein bars.

4) Shift Provisions - Contractors shall select one item from each category listed. These items are to be included in packaging along with the primary entrée. To ensure variety, shift food items shall not include more than one type of bar per day and not be repeated in a three-day period. The table below outlines each food category.

| **Category** | **Specifications** | **Examples** |
| --- | --- | --- |
| Snack | Must provide a minimum of the following:- 100 - 300 Calories- 25 - 30g carbohydrate | R Bar, Rx Bars, Kind Bars, Clif Bar, Nutri-grain Bars, Nature Valley Bars, Nature Valley Fruit and Nut bars, or equivalent commercially prepared items. |
| Candy/Cookie/Desert | Must provide a minimum of the following:- 150 - 300 Calories-15 - 30g carbohydrate | Candy such as Snickers, Twix, Skittles; Grandma’s Cookies, Fig Newton’s, Famous Amos or equivalent commercially prepared item. |
| Chips/Pretzels/Crackers | Must provide a minimum of the following:- 100 - 250 Calories- 20 - 30g carbohydrate | Chips; Pretzels; Popcorn, Individual bags of crackers or equivalent commercially prepared item. |
| Dried/Pureed Fruit | This item shall have a minimum nutritional value of at least 200 calories. All ingredients shall be identified and attached to the product for easy identification. (Note: Most dried fruits have a caloric value of approximately 75 calories per ounce. | Factory-wrapped or resealable, individually wrapped by the Contractor |
| Nuts/Seeds/Trail Mix | Must provide a minimum of the following:- 200 - 300 Calories- < 25g carbohydrates- >5g protein | Trail mix packets, almonds, cashews, peanuts, macadamia nuts, sunflower seeds, or equivalent commercially prepared item. |
| Trial Item | Must provide a minimum of the following:- 150 - 300 Calories- 15 – 30 g carbohydrate | May include various food items and types including examples listed above and other miscellaneous items which meet specifications.  |

\* Note: No imitation cheese or cheese spread (except as a snack item) allowed.

5) Fresh Fruit and Vegetables – Contractors shall select 3 items from this category (to include at least one fruit and one vegetable). These items will be included with the shift provisions and either contained in a re-sealable bag, container, or by itself. To ensure variety, shift food items shall not be repeated in a three-day period.

a) Fresh Fruit - Items listed with quantity needed to credit as a ½ cup serving minimum.

1. Fruit minimum size as specified by US Food Grade 1.
2. Red delicious and Granny Smith Apples can only be served once in a two-week cycle.

|  |  |  |  |
| --- | --- | --- | --- |
| **Fruit Name** | **Minimum Size** | **Fruit Name** | **Minimum Size** |
| Apple | 100 Count, 3 ⅛” diameter (1apple) | Nectarine | 88-96 count, 2” – 2 ¼” diameter (1 nectarine) |
| Apricot | Medium (16 per lb.), fresh (2 whole apricots) | Orange | 138 count 2 ¾” to 3 ¼” diameter (1 orange) |
| Avocado | 1 avocado | Peach | Fresh, 80 count (1 peach) |
| Banana | 150 count, 7” - 7 ⅞” (1 wholebanana) | Pear | Fresh, 150 count (1 pear) |
| Blueberries | Medium size (roughly 65 to 95berries per ½ cup) | Plum | Black/red, 2-inch diameter (1 plum) |
| Cherries | Fresh (14 cherries) | Raspberries | 62 g or roughly 15 raspberries |
| Dates | 3.5 oz. or roughly four pitted | Strawberries | Fresh, roughly 4 strawberries |
| Grapes | Fresh, seedless, (14 whole) | Tangerine | One large (2 ¾” diameter) or two small |

1. Fresh Vegetables - Items listed with quantity needed to credit as a ½ cup serving minimum.

|  |  |  |  |
| --- | --- | --- | --- |
| **Vegetable Name** | **Minimum Quantity** | **Vegetable Name** | **Minimum Quantity** |
| Broccoli Florets | 4-5 florets | Peas, Snap/Snow | 7 whole peas |
| Carrots | 9 baby carrots – 2inches length | Peppers, Bell | Equivalent to 1whole bell |
| Celery | 6 – 3” sticks | Tomatoes, Cherry | 6 cherry tomatoes |
| Mini Cucumber | 2 whole | Radishes | 3 whole radishes |

6) Condiments - Four individual factory-wrapped packets of condiments appropriate for the items being served.

7) Paper Napkin and Pre-Moistened Towelette - Two each.

**DINNER**

Hot Dinners

1) Primary entrée/hot dinners shall include the items and quantities identified below.

a) Whole/Full Muscle Meat (Raw Weight)

* Steak -10 oz. (boneless) or 14 oz. (bone-in), or
* Beef - 10 oz. (boneless) or 14 oz. (bone-in), or
* Beef and Pork Ribs - 10 oz. (boneless) or 18 oz. (bone-in), or
* Pork - 10 oz. (boneless) or 14 oz. (bone-in), or
* Poultry – 8 oz. (boneless) or 14 oz. (bone-in), or
* Fish – 8 oz.
* Bison – 10 oz. (boneless) or 14 oz. (bone-in)

Note: The actual weight of any specific cut of meat shown above may vary in accordance with specifications covered under the USDA Institutional Meat Purchase Specifications (IMPS). The portion weight is specified on the supplier’s label.

b) Vegetarian Entrée (when ordered)– shall be prepared for the OvoLacto vegetarian classification level and contain a variety of non-meat substitute equaling 8 oz. servings. Items containing less than the 8 oz. serving of non-meat protein will require supplemental protein items available;

Contractors may elect to serve an entree such as lasagna or casseroles. However, these entrees must have a meat/vegetarian side dish which ensures the total meat/vegetarian quantity standard is met.

2) Secondary Entrée (Non Meat) – Shall contain 4 oz. or more of non-meat protein

3) Vegetables - 4 oz. (1/2 cup) (cooked portion size).

4) Potatoes – 8 oz. (1 cup diced, mashed, fried, or baked or 1 medium boiled/baked)) or equivalent starch (cooked portion size). Instant potatoes may only be served twice in 7 days.

5) Bread - Two - 1 to 1½ oz. slices or equivalent starch.

6) Dessert - 4 oz.

7) Two salads - 4 oz. each

* One tossed green salad with equal amounts of three (3) types of leafy vegetables (may not include iceberg lettuce)
* Five fresh vegetable salad toppings and five types of salad dressings (regular and/or low/non-fat).
* One prepared salad.

8) Beverages

a) Brewed Coffee, Hot Water, Hot Chocolate, Cold Drinks, Iced Tea, Milk - 1/2 pint.

9) Condiments

a) Salsa, hot peppers, mustard, ketchup, steak sauce, salt, and pepper shall be provided in approved dispensers or original bottles in the dining tent area.