PREFACE TO THE UNITED STATES AIR FORCE WORLDWIDE MENU 13 Jan 17





MISSION STATEMENT

Provide mission-sustaining and customer-driven food and beverage programs to enhance quality of life for Air Force communities.

VISION STATEMENT

Food service professionals building customer oriented programs by creating innovative solutions responsive to tomorrow's needs.



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GENERAL INFORMATION

GUIDANCE

The Preface establishes nutrition standards and menu management procedures for all Air Force dining facilities in accordance with AFMAN 34-240, *Food Service Program Management*; AFI 34-239, *Food Service Management Program*; AFI 34-239, *Air Force Global Strike Command Supplement, Food Service Management Program*; AFI 40-104, *Health Promotion Nutrition*; AFI 44-141, *Nutrition Standards and Education*; and DoDI 1338.10, *Department of Defense Food Service Program*. It identifies nutrition requirements and establishes DoD menu standards that are the minimum guidelines required for use by military food service programs during menu planning, food procurement, food preparation and meal service. The Preface to the World Wide Menu (WWM) is a mandatory Air Force Food Service Operational Standard. The United States Air Force Menus are developed in accordance with policies and standards listed above.

AFGSC missile feeding and Food 2.0 (formerly referred to as Food Transformation Initiative (FTI)) menus are unique in comparison to other APF dining facilities. Missile feeding is designed to provide continuity and raise levels of service and quality of food served to our Missile Alert Facility deployed personnel. Food 2.0 follows Station Serving Standards and Production Logs provided by the contractor and approved by AFSVA/SVOF.

MENU PLANNING

The objective of menu planning is to form a basis for food purchasing and production. Menu planning and customer feedback are tools managers can use to offer a variety of nutritious and appealing menu selections. The DoD has adopted the Go for Green (G4G) program which identifies item coding by nutritional status. The United States Department of Agriculture (USDA) Dietary Guidelines for Americans (DGA) provides the foundation for planning Air Force menus. Five groups are designated based on similar nutritional composition of foods that include grains, vegetables, fruits, dairy, and protein foods. Oils are not a food group but provide essential nutrients, so are included in small amounts. Adequate quantity and variety of healthy, nutrient dense foods from all groups should be offered IAW the DGA. Application of the minimum menu standards will ensure food service managers meet their responsibility to provide nutritional items. Remember, we are fueling warriors for optimal performance to defend our nation.



MENU MANAGEMENT GUIDELINES

Before implementation, review current menus with your food service team for additional input. Check for the following:

- 1. Acceptability of recipe selections, utilize customer feedback, Interactive Customer Evaluation (ICE) comments, focus groups, etc. Validate any changes and file for future reference.
- 2. Recipe changes must be coordinated through your AFSVA/SVOF representative.
- **3.** Tips for showcasing healthy items using the Go for Green labeling system. See "Techniques To Promote Healthy Food Choices". (page 31.)

*All food menus are standardized. Menu changes must be coordinated through AFSVA/SVOF.

The menu is based on a cyclic core menu plan for use in all APF dining facilities. The cyclic menu has numerous operational advantages to include the following:

LOGISTICS REQUIREMENTS FORECASTING

The core menu provides a 21-day (CAFE) and 28-day (Food 2.0) forecast to provide time for the dining facility manager to forecast, submit and receive subsistence orders.

TRAINING THROUGH CONSISTENCY

The core menu cyclic process provides the opportunity to master production planning and preparation techniques. The core menu provides a continuous path of development for a food service apprentice from one facility to the next. CAFE menus rotate every three weeks (21 days). This includes breakfast, lunch, grill, dinner, salad, dessert and midnight meals. Food 2.0 menus rotate every 28 days for breakfast, lunch, dinner, midnight, salad, dessert, demonstration, deli, grill, pizza, kiosk, Provisions On Demand (POD) and Grab-n-Go meals.

FLEXIBILITY TO ACCOMMODATE STANDARD

The core CAFE menu is the minimum requirement for the operation, enhance menus based on customer demand. Always keep financial tolerance in mind; however, not all items available on vendor catalogs are authorized. Contact your AFSVA/SVOF representative for approval.



GO FOR GREEN (G4G)

The G4G program is a nutritional recognition labeling system that provides customers with a quick assessment of the nutritional value of menu offerings and food products in the dining facility. Menu items are labeled green, yellow and red based on nutritional information. Facility managers are responsible for providing G4G labeling. Your local marketing section can serve as a great resource in the development of the G4G merchandising. Refer to the USAF Services website www.usafservices.com for the nutritional chart and labeling.

FOOD SAFETY

Preventing foodborne illness is the number one priority for all food handlers. Health standards are necessary to keep the public safe. Routine monitoring should be a stimulus for the facility to meet or exceed prescribed standards. These standards can be found in AFMAN 48-147, *Tri-Service Food Code* and AFI 48-116, *Food Safety Program*.

Each facility needs to maintain a copy of AFMAN 48-147, *Tri-Service Food Code* to develop an aggressive Food Safety Program. The emphasis is preventing problems rather than detecting them in a finished product. Supervisors are responsible for ensuring food service personnel working in the operation receive food handlers training.

COMMENT CARDS

Customer feedback is paramount. Encourage customers to relay positive and negative experiences through ICE, AF Form 27, Food Service Customer Survey, or locally developed comment cards. When AF Form 27 or the locally developed comment cards are utilized, ensure customers comments are uploaded into ICE. This will allow dining facility reviews to be channeled to squadron leadership for awareness of ongoing food operations from the customer's perspective.



NUTRITION

USDA DIETARY GUIDELINES FOR AMERICANS (DGA)

The 2015 DGA is the current Federal policy that provides the most evidence-based nutrition information and proper dietary habits to promote health and reduce risk for major chronic diseases. The DGA serve as the basis for Federal food and nutrition education programs.

The DGA establish the scientific and policy basis for all Federal nutrition programs, including research, education, nutrition assistance, labeling, and nutrition promotion. All federally-issued dietary guidance for the general public is required by law to be consistent with the DGA.

Encourage guests to choose foods that meet USDA's dietary guidelines by offering a wide variety of visually appealing, nutrient dense food items. Food choices are planned to meet the Air Force's nutrition initiatives and G4G criteria to support these dietary recommendations. The following are DoD selected key consumer messages:

- Consume less than 10% of calories per day from saturated fats
- Consume less than 10% of calories per day from added sugars
- Eat whole fruits
- Switch to fat-free or low-fat (1%) milk
- Make at least half your grains whole
- Consume less than 2,300 milligrams per day of sodium
- Drink water instead of sugary drinks

USDA MYPLATE

The MyPlate icon is based on DGA and was created to help consumers make better food choices. MyPlate is designed to help individuals use the Dietary Guidelines to make healthy food choices by illustrating the five food groups. It also illustrates how to get the most nutritional calories and stay within daily calorie needs. Knowledge of MyPlate standards will help food service managers meet their menu planning responsibilities when localizing the menus.

NUTRITION





SPECIAL CONSIDERATIONS FOR MENU PLANNING

The menus compliment and support planning for various special dietary considerations. The following are examples:

VEGETARIANISM

Vegetarian entrees and sides are offered to expand variety beyond the salad bar. The menus support a vegetarian diet by providing a variety of ordinary foods that are naturally vegetarian, such as whole grain cereals and breads, legumes, fruits and vegetables. There are four different types of vegetarianism, including vegan (excludes all animal products), lacto-vegetarian (excludes all animal products except dairy), lacto-ovo vegetarian (excludes all animal products except dairy and eggs) and flexitarian (focus on vegetarian food with occasional animal product consumption). Operations are encouraged to enhance the menu based on customer demands, keeping financial tolerance in mind.

CALORIE CONSCIOUSNESS

The overall caloric value of the menu is kept to a minimum by offering foods that are low to moderate in calories and fat. Managers must ensure proper preparation and service of items in accordance with the standard recipes. Baked, broiled, or steamed foods are showcased as the main items. The customer has the ultimate decision of food selection and should be allowed to order smaller portions.



MENU STANDARDS

MENU AND PRODUCTION REVISIONS

IAW AFMAN 34-240, Chapter 1, Paragraph 1.5, Menu/Production revisions must meet Air Force menu standards.

- 1. Use the following to forecast:
 - a. Production log reflects quantity prepared, portions carried forward, and waste.
 - b. CAFE Menu Mix report reflects number of the menu items sold. This report identifies items that may need to be replaced.
 - c. Review customer comment cards or ICE comments to validate customer preference.
 - d. Other considerations:
 - Faith Based Observances: Your guests may require pork-free entrées or a baked fish product. The Chaplain's office may be able to provide the base's religious demographics.
 - Prime Vendor Item Availability: If your Prime Vendor is unable to provide an item call AFSVA/SVOF for further guidance.
 - Wing-Level Exercises: During exercises that will impact guest headcounts, the manager must review and make necessary menu adjustments to prevent waste.
 - In-House Food and Beverage Shows: Free samples provided at prime vendor food & beverage shows can impact guest headcounts. The manager must review and make necessary menu adjustments to prevent waste.
- * Data from production logs, waste logs and Menu Mix reports must be identified three times within a three month period prior to making menu changes. AFSVA/SVOF must approve all permanent changes to menus.



TEMPERATURE STANDARDS

Cold food will be served at 41° and below. Hot food will be served at 135° and above.

MANDATORY MINIMUM DAILY MENU STANDARDS

Menu combinations offered at each meal provide variety, contrast in texture, flavor and color. Ensure menu selections available at the beginning of the meal are available throughout the meal.

*Food 2.0 will follow Station Serving Standards and Production Logs developed by the contractor and approved by AFSVA/SVOF.

The variety you offer is subject to the size of your serving line. If the serving line cannot accommodate all the items on the core menu for a given meal, the intent is to offer as much variety as possible in accordance with Air Force Food Service Standards. Do not overcrowd the serving line to make additional options fit. Safety and sanitation must be taken into consideration when developing your serving line presentation.

AUTHORIZED ITEMS

AFSVA/SVOF is the sole authority for items used in support of menu development in all Air Force Dining Facilities. The vendor cannot dictate what a facility will and will not purchase.

The ability to purchase, receive, inventory and transfer an item begins with availability of the item in the automated food system. Ordering directly from STORES is prohibited for Food 2.0 and CAFE bases. AFSVA/SVOF must add authorized items in the automated food system.

MANDATORY

There are a few items that each vendor is required by law to purchase from the National Industries for the Blind (NIB) or the National Industry for the Severely Handicapped (NISH). Refer to your prime vendor contract for the specific items this law applies. Contact AFSVA/SVOF if products provided through these programs do not meet DoD quality standards.

OPTIONAL

While many items listed in the CrunchTime database may be authorized, that DOES NOT mean they are MANDATORY. Many of the items listed are based on core menu recipes, menu enhancement options and for unique locations that require specific ingredients in order to fulfill their menu requirements.

NEW ITEMS

Due to the increasing pace of food service and new production technology there is a growing variety of new products on the market. Prior to requesting approval for an item, the dining facility manager should consider how often the item will be used. Reference your Prime Vendor contract for case minimums.



To request new items, contact and/or email an AFSVA/SVOF representative for approval. Email should state item name, NSN, nutritional information and price. This information can be obtained from the vendor representative.

LIMITED USE ITEMS

Do not purchase items by the case when only one or two items will need to be utilized over an extended period of time. Example of items include spices, dressings, flavored vinegar, baking soda, baking powder etc. Food Service managers need to contact their prime vender and request individual items. If items are not available, notify your AFSVA/SVOF representative and discontinue to purchase. Future purchases of these items need to be purchased from DeCA using your Food GPC card. Please ensure these purchases are processed through CAFE and annotated on your monthly AF Form 1119 submitted to AFSVA.

*Items will not be added to vendor catalogs without prior approval from AFSVA/SVOF.

LINE SERVING STANDARDS

Line service standards must be followed as defined in the Air Force Food Service Operational standards provided on the USAF Services web page.

MINIMUM MENU STANDARDS

There are several line items that are a common core of each meal.

1. Beverages

- a. The standard serving size for fountain beverages is 12 ounces. Food 2.0 operations serving size for fountain beverages is 16 ounces.
- b. Use nonfat or 1% milk as the primary milk. Offer other dairy products based on customer demand. Offer lactose-free alternative (lactose free milk, soy milk) based on customer demand. Half pint milk containers have been programmed into recipes for cooking.
- c. Offer three choices of fruit or vegetable juice per meal period. Orange juice is mandatory during all meals. When available offer 100% juices high in Vitamin C, Calcium and Vitamin D, examples, 100% apple, orange, and grape. Tomato and vegetable juices must contain <230 mg sodium per serving.
 - *AFGSC Missile Food Standard: Offer minimum of two juices.
- d. Offer regular and decaffeinated coffee during all meals. **Liquid coffee is not authorized**. See "Manufacturer Programs" section for approved coffee products. This does not apply to cappuccino products.
- e. Offer cocoa and hot/cold tea packets, if available.
- f. Carbonated Beverages. Two caffeine-free beverages and one low-calorie or calorie free beverage available.



*Canned sodas/bottled electrolytes/water are authorized for flight meals and dining facility use as a dining out/Grab-n-Go option ONLY.

*AFGSC Missile Food Standard: Offer a minimum of one caffeine free soda.

APF food service operations will not offer dietary supplements such as: energy drinks, shots and/or gels or any dietary products that have fortification or enrichment.

2. Breads

Offer minimum of three sliced breads consisting of whole grains with at least 2 grams of fiber per serving with <230 mg of sodium per serving when available. Ensure at least one bread offered is folate and iron-fortified (Your offerings should include sliced white, whole wheat, multi grain, raisin, rye and dinner rolls). Offer cornbread, garlic bread, or biscuits to compliment the entrée during the lunch and dinner meals. Offer bagels, croissants, English muffins and biscuits during the breakfast and night meals and to meet customer demand.

- *Food 2.0 will follow the Station Serving Standards
- *AFGSC Missile Food Standard: Offer minimum of whole wheat and white bread.

3. Condiments

- a. Offer condiments free of charge in portion control containers, bag in a box pump, or bottles. Core condiments include: trans-fat free liquid margarine and/or butter, peanut butter and low-fat cream cheese, ketchup, jelly and/or jam, hot sauce, mayonnaise, mustard, salsa, relish, steak sauce, tabasco sauce and tartar sauce are mandatory. All other condiments can be offered based on customer demand.
- b. Offer low and reduce fat dairy choices (creamers, cottage cheese, sour cream, shredded cheese, etc.) when available. Sliced tomatoes, onions, pickles, lettuce and salad dressing should be provided as an extension of your condiment offerings.

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4. Fruits

- a. Offer six choices of fresh fruit (whole or sliced). Bananas, melons, grapes and berries are MANDATORY at breakfast and midnight meals. However these fruits can be offered during any meal period.
- b. Depending on availability of fresh fruit, two of the six options can be canned or frozen (in its own juice with no sugar added).
- c. Offer dried fruit based on demand and availability.
- d. Fresh fruit served on dessert or salad bars may be cut or served as a fruit salad.
- *Remove stickers prior to washing fresh fruit.
- *Food 2.0 will follow the Station Serving Standards.
- *AFGSC Missile Food Standard: Offer minimum three fruits; two fresh, one canned.

5. Oils, Sprays & Spread

- a. Use trans-fat free, monounsaturated and polyunsaturated oils used in cooking and baking when appropriate.
- b. Use trans-fat free spread products. Ventura Foods Smart Balance 1lb prints is mandatory in Air Force products. Use of Smart Balance PCs are highly encouraged.
- c. Use plastic spray bottles to spray the grill and to coat baking/sheet pans. **DO NOT** use aerosol spray cans on the grill.
- d. Use trans-fat free oils for frying. The standard deep fat frying oil is Mel-Fry, multi-purpose oil.

6. Salads & Dressings

Offer two, but no more than four, additional pre-portioned specialty salads. The production log incorporates specialty salads in each meal. CAFE salad bar recipes are large (LM300) and small (LM301). CAFE small site recipes are 6 ounce (LM302) and 12 ounce (LM303).

a. Provide leafy salads at a minimum standard of 50% dark green leaves such as romaine when available. Provide a minimum of three lite and/or fat-free dressings along with oil and vinegar.

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- b. Use reduced fat salad dressings, mayonnaise and dairy products in recipes when available.
- c. Salads made from scratch MUST be prepared with low-fat mayonnaise or low-fat salad dressing.
- *Food 2.0 will follow the Station Serving Standard.
- *AFGSC Missile Food Standard: Offer at least one fat-free dressing.

7. Soups

Offer one soup during lunch and dinner. Offer the same soup during midnight meal to the degree required by customer demand. Dried, frozen and fresh soups are authorized IAW recipes found in Net-Chef. Soup must contain <800mg of sodium per 8 oz. serving.

*Food 2.0 operations and AFGSC Missile Food Standard: Offer at least one soup.

8. Grab-n-Go

See the "Grab-n-Go" section (page 25) for further details for use during all meal periods.

*Food 2.0 operations follow the Station Serving Standards and Production Logs developed by the contractor and approved by AFSVA/SVOF for the following meals:

MIDNIGHT MEAL

Midnight meal is designated as the first meal of the day. It is a combination of breakfast items and a fresh entrée from the scheduled lunch menu.

1. Fresh Line Items

Offer fresh lunch style items IAW corresponding production log. If the projected items cannot be produced, document the reason on the production log. Ensure you include all the pertinent information for that item. (Example: recipe number, PLU number, quantity to prepare, etc.)

2. Use of leftovers

Use to increase variety but not to replace freshly prepared options scheduled for the meal. Leftovers are authorized to be retained up to 72 hours, provided the food was protected from contamination and maintained at 41°F in cold storage, reheated to 165°F and then held at 135°F or above until served.



BREAKFAST

Breakfast meal options will include the following on a daily basis:

1. Core Items

Refer to the "Core Items" (page 12) section for additional requirements.

2. Cereal

- a. Offer at least one hot cereal (oatmeal/grits) without added fat or sugar, and six ready-to-eat cold cereals with <230 milligrams sodium per serving. Of these, two cereals must contain >8 grams of whole grains per serving, with at least 2.5 grams of fiber per serving. At least three cereals will be without sugar coating. Additionally, one of the four cereals must be 100 percent folate fortified.
- b. Cereal bars may be offered with at least 2.5 grams of fiber and <10 grams of sugar per serving and may substitute for a whole grain cereal choice.
- *AFGSC Missile Food Standard: Offer at least one hot cereal and three whole grain ready-to-eat options.

3. Grilled Items

- a. Liquid and shelled eggs may be used for omelets, scrambled eggs, fried eggs and all baking recipes. Liquid egg whites (reduced cholesterol) are available for use.
- b. Pancakes, French toast and/or waffles can be served with hot fruit topping, syrup and margarine.
- c. Offer two breakfast meats; one must be lower in fat (< 12g per servings for patties and links and < 5g for turkey and Canadian bacon). Low sodium bacon (210 mg per serving) is MANDATORY. Serve bacon, sausage patties/links, turkey bacon/sausage and or Canadian bacon on a rotational basis IAW corresponding production log.
- d. At least one breakfast starch potato or rice based on customer demand.

4. Continental Breakfast:

a. Continental Breakfast: Offer a continental style breakfast when a full menu is not warranted by guest headcounts. Contact your AFSVA/SVOF representative for approval.

*Food 2.0 is authorized ready to serve hard boiled eggs.

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LUNCH & DINNER

Lunch and Dinner meal options will include the following on a daily basis:

1. Entrees

- a. Serve three entrées per meal to include fish at least three times a week. Offer as a minimum, one fish high in omega 3 (salmon, tuna). Offer only lean ground beef or lean ground turkey without fillers or extenders (90/10 fat content) when available. Make vegetarian entrées available based on customer demand.
- b. No more than one fried entrée on the main line. Exceptions can be made for special occasions such as holiday meals.
- c. Lean pre-packaged entrée dishes contain <500 calories, <30% calories from fat, <10% calories from saturated fat and <480 mg sodium. All pre-packaged entrées must contain <800 mg of sodium per serving. Contact your AFSVA/SVOF representative for approval.

2. Starches

Offer a choice of two starches to compliment the entrées. Offer no more than one starchy vegetable, potato and starch with added fat per meal. Use whole grain pasta and whole grain rice when available and it meets customer demands.

3. Vegetables

Offer minimum of three cooked vegetables. No more than one fried or starchy vegetable (i.e. corn, potato, squash) or vegetable with added fat per meal on the main line. Offer legumes, lentils and beans three times or more per week. Incorporate seasonal fresh vegetables to the menu as much as possible when available. All frozen or canned vegetables must have no salt added when available or contain <230mg sodium per serving.

*AFGSC Missile Food Standard: Offer two or more cooked vegetables.

4. Gravies and Sauces

Unless an integral part of the recipe, gravy and/or sauces are offered on the side/served separately.

BRUNCH

Brunch is an optional meal feeding format for Saturday, Sunday and holidays. Brunch will consist of a combination of the breakfast and lunch offerings. It begins with breakfast and incorporates the lunch menu halfway through the meal period. Brunch meal options will include the following feeding format:

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1. Entrées

In addition to breakfast meat option, offer a minimum of two lunch entrées.

2. Starches

Offer a breakfast potato along with a minimum of two lunch starches.

3. Vegetables

Offer a minimum of three vegetables. No more than one fried or starchy vegetable with added fat per meal.

4. Gravies and Sauces

Offer one or more sauces and or gravies to compliment the entrées.

5. Grilled Items

In addition to breakfast items (fried eggs & omelets) incorporate snack line items normally served during lunch meals, such as burgers, grilled sandwiches, etc.

6. Pastries

In addition to breakfast pastries incorporate a minimum of three desserts normally offered during lunch meals.

The Brunch meal is not a mandatory meal. Installations serving the brunch meal will be required to follow the feeding format. Dining facilities with limited serving line capability are authorized to make adjustments in order to display food in a manner consistent with Air Force Food Service Standards.

*Food 2.0 operations require approval from AFSVA/SVOF prior to offering a Brunch meal.

GRILL (SNACK LINE)

The grill menu is mandatory and provided alongside the main line for lunch. Offer grill items during the dinner meal to the degree required by customer demand. Grill offerings shall contain the following:

1. Entrées

Offer at least four grilled items to include: hot dogs, sandwiches made with lean meat, grilled cheese and grilled ham with cheese. Grilled chicken breast and burgers are MANDATORY. Only offer beef patties (85/15 fat content) and ground turkey patties when available.

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2. Specialty Items

Offer two specialty items along with three additional items, such as pierogis, baked beans, etc. daily.

3. French Fries, Onion Rings and Assorted Chips

Offer one of the approved variations daily: crinkle, curly, waffle and wedge cut. In addition, offer onion rings or baked sweet potato fries on alternate days when available. Assorted chips should be made available as an extension of the grill order menu.

4. Sandwiches

- a. Offer at least two deli-style sandwiches. Low sodium deli-style meats are highly encouraged. Deli bars are subject to the facility/staff capability. In absence of a deli bar offer sandwiches through the Grab-n-Go program. See the "Grab-n- Go" section (page 25).
- b. Offer a chicken and/or egg salad sandwich in addition to tuna salad sandwiches every day. Offer meatless sandwiches to the degree required by customer demand.
- c. Offer peanut butter and jelly sandwiches or "Uncrustables" every day.
- *AFGSC Missile Food Standard: Provide options based on customer demand.

PASTRY

Pastry production logs: Managers have the option to run the standard pastries of the day or make changes based on the following minimums:

Midnight and Breakfast

1. Danishes

Offer a minimum of one Danish and/or cinnamon roll for midnight meal and breakfast. Offer low-fat or low-calorie breakfast pastry items.

2. Muffins

Offer a minimum of one fresh or pre-made muffin for midnight meal and breakfast. Offer low-fat or low-calorie breakfast pastry items.

3. Yogurt

Offer two flavors of low-fat, light or lower sugar yogurt. (<3g fat per serving) (< 30 grams sugar per 6-8 oz. serving)



Lunch and Dinner

1. Cakes and Cookies

Offer minimum two cakes with or without icing. Offer at least one cookie. Offer at least one cookie and cake that contains <150 calories and <5g fat per serving.

2. Jello/Pudding

Offer one flavor of fresh made jello and pudding to the degree required by customer preferences. Individual jello and pudding cups are acceptable as an alternative. Jello and pudding must contain <30% calories from fat.

3. Pies/Cobblers

Offer minimum of one fruit pie or cobbler.

4. Ice Cream/Frozen Yogurt

Offer via machine or individual cups. Offer ice cream and/or frozen yogurt with <120 calories and <4g fat per serving.

5. Novelty Ice Creams

Offer ice cream sandwich, a variation of an ice cream drumstick and a popsicle based on customer demand.

6. Yogurt

Offer minimum two low fat and/or fat free flavored yogurts when available and based on customer demand. (<3g fat per serving) (< 30 grams sugar per 6-8 oz. serving)

*Food 2.0 operations follow the Station Serving Standards and Production Logs developed by the contractor and approved by AFSVA/SVOF for pastry and desserts. *AFGSC Missile Field Pastry Standard: Provide a minimum of two pastries per meal.



DESSERTS

Tempting desserts are trademarks of fine eating establishments. It is important to produce quality pastries, but it is equally important to properly display them. We want our guests to be delightfully pleased with our pastry selection. Mouth-watering mounds of cookies, flaky pies and delicately garnished cakes are the perfect selection to end any meal. Displaying baked goods in an appealing manner is often overlooked. This important concept in merchandising can be the difference in a guest grabbing a dessert or passing by them.

STORING DESSERTS

Although bakers may produce excellent pastry products, "the proof is in the pudding or shall we say pie", depends largely on how good the pastries taste and how well the finished products are presented to our guests. Between meal periods, ensure all pastry is stored to protect it from exposure to air and to maintain moisture. Time and date desserts and baked goods as you would all food. Do not leave pastries on the serving line overnight or between meal periods.

The guidelines for storing desserts will depend on the humidity, local area conditions and exposure to the air during meal periods. The following table provides guidelines for maximum storage. Taste-test all products to ensure quality and acceptability. Throw away products if they become stale before the time periods annotated in the table.

Guidelines for Maximum Storage

Product	Maximum Storage Time	Refrigerate/Don't Refrigerate
Brownies	72 Hours	Don't Refrigerate
Cakes Whole/Uncut	72 Hours	Don't Refrigerate
Cake Sliced	24 Hours	Don't Refrigerate
Cream Filled Pastry	Same Day	Refrigerate
Cream Pie	Same Day	Refrigerate
Cheesecake	Same Day	Refrigerate
Cobbler	Same Day	Serve Hot, Store Hot
Cookies	72 Hours	Don't Refrigerate
Double-Crust Pies	72 Hours	Don't Refrigerate
Doughnuts	72 Hours	Don't Refrigerate
Fresh Baked Breads	Same Day	Don't Refrigerate
Fresh Baked Rolls	Same Day	Don't Refrigerate
Fruit Topping Cakes	Same Day	Refrigerate
Gelatin	72 Hours	Refrigerate
Gelatin W/Whipped Cream	Same Day	Refrigerate
Muffins	72 Hours	Don't Refrigerate
Pecan Pie	Same Day	Refrigerate
Pudding	72 Hours	Refrigerate
Sweet Potato Pie	Same Day	Refrigerate
Turnovers	Same Day	Refrigerate

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*Offer one reduced fat and/or low fat or low calorie alternative (fruit, dessert, sweetbread, or baked product). Offer trans-fat free (zero grams of trans-fat per serving) baked products when available.

TIPS FOR DISPLAYING DESSERTS

Line up cakes and pies in a uniform manner with the tips all pointing in the same direction. "Pointing" the pastry at the guest will ensure the guest gets the best view of that product. If you utilize a rotating pastry cabinet line the pies, cakes and other goodies so their tips point towards the outside of the glass.

Group like desserts together for the ease of the guest. Grouping pastries together will let them know all the choices available.

Cookies should "sell themselves" with their eye appeal. When preparing cookies with chocolate chips, raisins, nuts, or other enhancements, ensure the guests can see the chips so they know what they are getting. Use product display cases with labeling when feasible.

WRAPPING DESSERTS

While it is necessary to wrap some desserts for the convenience of our guests in general, do not wrap desserts as a standard practice. Cellophane detracts from the appearance of most desserts and disrupts its delicate topping or frosting. Cakes do not need the protection of wrapping.

Cakes are protected with icing; especially icing that is thick and rich. Wrapping also affects the moisture content of desserts. Loosely wrap only those desserts that do not stick to the plastic wrap. Place a few desserts in carryout containers. Adding a small dab of frosting to the bottom of the carry out container before placing a slice of cake in it will keep the cake stationary. Desserts offered in Grab-n-Go meals, or flight meals must be wrapped.

STANDARD DESSERT DISH SIZES

Desserts that remain relatively firm when cut in a wedge or square portion, such as brownies, pies, cakes, turnovers and cream puffs, should be served on a dessert plate. Serve more fluid desserts, such as puddings, gelatins and cobblers in a dessert cup, vegetable dish, or sherbet dish.

PRE-MADE PASTRY

Below are the authorized pre-made pastries for locations without an assigned pastry chef and supporting a contingency operation. Each item is subject to approval after a product specification review by AFSVA/SVOF.

Item Name

ASST, CAKE

ASST, PIE

ASST, MUFFIN

ASST, DOUGHNUT

ASST, COOKIE

ASST, CHEESECAKE

INDV, CINNAMON ROLL

ASST, COBBLER

PREMADE, COFFEE CAKE

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HOLIDAY MEALS

Holiday meals are developed, directed and distributed by AFSVA/SVOF. These menus must be followed and are designated for a specific day to be served accordingly. The offerings for each meal can be enhanced by offering additional items. **Below are the mandatory Holiday meals.** Holiday meals must be served on the calendar day of observance:

Air Force Birthday
Thanksgiving
Christmas Day
New Years
Martin Luther King, Jr. Birthday
President's Day
St Patrick's Day
Easter
Memorial Day
Independence Day
Labor Day
Columbus Day
Veteran's Day

*To reduce waste, Thanksgiving and Christmas Day meal turkeys will consist of no more than four bone-in turkeys used for initial carving. The rest of the meal will consist of a high quality turkey breast roll.

Mandatory holiday meal production logs are located on the USAF Services website. Menu deviations must be approved by AFSVA/SVOF.

*Food 2.0 must follow Production Logs developed by the contractor and approved by AFSVA/SVOF for holiday/specialty menus.

1. Marketing

The dining facility manager should work with the local marketing department to develop customized advertisement material in support of each meal. The use of "standardized" signs is no longer a requirement. See the "Marketing" section in this guide for further details. (page 24)

*Food 2.0 installations must refer to the Food 2.0 Handbook for marketing guidance

SPECIALTY MEALS

Specialty meals are authorized utilizing readily approved recipes provided in the Inventory Control system. Each specialty meal must be developed meeting the same nutritional standards and variation as the core midnight, breakfast, lunch and dinner menus. Allow sufficient time to plan and advertise each event.

1. Resources

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- a. Chaplains Office; request religious demographics to use as a basis for creating meals that have:
 - 1. Fish for your guests who observe Lent
 - 2. Pork-free items for your guests who abstain from eating pork

b. Base Heritage Committees

These committees can consult menu offerings to enhance the authenticity of the meal based on Air Force Food Service recipes. All menu items must be approved by AFSVA/SVOF.

c. Incorporate Local Flavor

OCONUS facilities should consider the culture of their host nation. Menu items must be approved in advance by AFSVA/SVOF.

d. Marketing

Work with marketing to develop eye catching ads to publicize your programs.

- 2. Suggested Specialty Meal Options: include but are not limited to:
 - a. Guest Appreciation Meal: Show how much you appreciate your guest.
 - b. Deployed Spouses Meal: Remember to recognize the home team.
 - c. Monthly, Quarterly, or Annual Birthday Bash: Everyone has a birthday!
 - d. Asian Pacific, German, Hispanic, Italian and Southern Heritage Meals: Local heritage committees provide suggestions/feedback on menu options. Menu items must be approved by AFSVA/SVOF.
 - e. Mongolian BBQ: Offer this awesome meal as often as you can!
 - f. Valentine's Day Meal: Another option for the biggest date night of the year.
 - g. Vegetarian Delight: A new opportunity to draw in a new type of customer.
 - h. Summer BBQ: Everyone loves a BBQ.



GRAB-n-GO

The Grab-n-Go food service program was designed to provide a meal for our guests who do not have time to dine in. The success of the program is heavily rooted in customer awareness. Develop an eye catching marketing campaign that draws attention to the program and the variety it offers. The program should be merchandised as a complete meal or as an individually priced item (a la carte). This program may require additional storage and in some cases additional labor. Offer Grabn-Go expendable items to the degree the installation is willing to fund.

THE CORE PRE-PACKAGED GRAB-N-GO MENU

The Grab-n-Go program is supported by a set of eight pre-packaged core recipes. Sales keys are provided at the Point-of-Sale. They include:

LUNCH/DINNER MENU

Grab-n-Go #1	Deli Sub/Chips/Granola Bar
Grab-n-Go #2	Herbed Grilled Chicken Sandwich/Chips/Cookies
Grab-n-Go #3	PB&J Sandwich (2)/Chips/Fruit Cocktail Cup
Grab-n-Go #4	Tuna Salad Sandwich/Chips/Cake

BREAKFAST/MIDNIGHT

Grab-n-Go #5	H&S Bacon Breakfast Sandwich/Yogurt
Grab-n-Go #6	Cheese Breakfast Sandwich/Yogurt
Grab-n-Go #7	Breakfast Burrito/Yogurt
Grab-n-Go #8	Individual Cereals (2)/Yogurt

^{*}Food 2.0 operations follow the Station Serving Standards and Production Logs developed by the contractor and approved by AFSVA/SVOF for Grab-n-Go items.

Optional Grab-n-Go Items

Expand the variety of your Grab-n-Go program by providing guest with individual options as an alternative to the pre-packaged menus. Any pre-made and/or pre-packaged items can be incorporated into your Grab-n-Go program. Consider the following individual pre-packaged items in the development and promotion of your Grab-n-Go program:

Applesauce/Bagels/Brownies/Cereal/Approved Bars (Cereal, Granola, Multi-Grain)/Chips/Cookies/Crackers/Danish/Donuts/Fresh Fruit/Frozen Meals & Sandwiches/Fruit, Gelatin & Pudding Cups/Grits/Ice Cream Cups /Muffins/Oatmeal/Peanuts/Individual Pies/Muffins/Oatmeal/Peanuts/Pies(Individual)/Raisins/Rice Krispie Treats/Uncrustables/Yogurt.

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FLIGHT MEAL PROGRAM

Flight feeding menu options are incorporated to provide guidance for flight food service management. The goal of the flight menu program is to provide attractively packaged, top quality, nutritious flight meals throughout the Air Force. Activities will use this guidance when preparing and serving flight meals. Foods selected to meet the options should not produce gas, or contain large amounts of spice and fat. Such foods are likely to cause digestive discomfort if eaten just before or during flights. Providing quality food programs to aircrews is one of our top priorities. Thus, core flight meal standards program mandates healthy menu items with a quality packaging system.

FLIGHT MEALS

A choice of at least six menu options will be prepared. (Bases that serve 45 or less meals per month will only have to provide 4 menu options to customers.) Rotate meals quarterly or to meet guest demands. Flight menus are currently under review, revisions will be published upon completion. Variations/substitutions for like or similar items are authorized upon approval from AFSVA/SVOF.

FOOD 2.0 AND CAFE OPERATIONS ARE AUTHORIZED TO OFFER THE FOLLOWING FLIGHT MEALS WHICH ARE AVAILABLE TO VIEW IN CRUNCHTIME.

BREAKFAST MENU

BRKFST #2 Cereal BRKFST #3 Burritos (2)

BRKFST #4 Sausage Breakfast Sandwich
BRKFST #5 Bacon Breakfast Sandwich
BRKFST #6 Ham Breakfast Sandwich
BRKFST #7 Cheese Breakfast Sandwich

LUNCH/DINNER MENUS

MENU #1	Sub w/Ham/Turkey C/L/O/T
MENU #2	Sub w/Turkey C/L/O/T
MENU #3	Tuna Salad Sandwich
MENU #4	Sub w/Roast Beef C/L/O/T
MENU #5	Sub w/Ham C/L/O/T

MENU #6 Sandwich w/Boneless Chicken Breast C/L/O/T (2)

MENU #7 Peanut Butter and Jelly Sandwich (2)
MENU #8 Individual "Uncrustables" Sandwich (2)

MENU #9 Breaded Chicken Strips (4)

SUPPLEMENTS

BUITELVIEW	
SUPP #1	Water/Soda/Cookie/Chips/M-Grain Bar/Apple
SUPP #2	Water/Juice/Rice Krispie Treat/Chips/Fruit Cup/Apple
SUPP #3	Water/Electrolyte/Muffin/Cookie/Chips/Apple
SUPP #4	Milk/Juice/ Carrots/Celery/M-Grain/Apple/Applesauce
SUPP #5	Water/Juice/Yogurt/Granola Bar/Apple
SUPP #6	Water/Soda/Carrots/Pretzel//Apple
SUPP #7	Water (2)/Yogurt/M-Grain/Raisins/Apple



EXPANDED FLIGHT KITCHENS

Managers must follow minimum menu standards in accordance with grill order guidelines. Menu items range from hamburgers, chicken tenders, hot dogs, French fries, soups, chili, cold or hot deli sandwiches, assorted beverages, pastry items and various condiments. As capability allows, expanded flight kitchens will provide a hot entrée, a starch and a vegetable selected from the lunch/dinner meal of the corresponding cyclic menu.



TRANSPORTATION WORKING CAPTIAL FUND (TWCF)

COMPLIMENTARY SNACK AND BEVERAGE SERVICE

IAW AMCI24-101V14, *Military Airlift Passenger Service*, Sec F, paragraph 52.1. Passenger service representatives will provide complimentary snacks and beverages (paid for by TWCF not to exceed \$2.00) which will enhance passenger comfort during flight. The flight kitchen must not include meal items, such as sandwiches, soups, or entrées, as complimentary snack items. The items listed below are authorized to be used in support of your TWCF program:

Inventory Item Name

INDV, Beverage, Juice

INDV, Beverage, Soda

INDV, Beverage, Water

INDV, Crackers

INDV, Applesauce

INDV, Bar, Breakfast

INDV, Chips

INDV, Cookie, Package

INDV, Fruit cup

INDV, Gelatin cups

INDV, Muffin INDV, Peanuts

INDV, Raisins

INDV, Rice Krispies treats

INDV, Milk

INDV, Pudding

^{*}Ensure all TWCF individual items are reimbursed back to the subsistence account. For CAFE locations or if you have any questions on TWCF reimbursement process, please contact your AFSVA/SVOF representative.



HIGH-PROTEIN / LOW-RESIDUE FEEDING

Proper use of the meal: A high-protein, low-residue meal is for pre-flight service to aircrews embarking on a flight of 6 hours or more when the flight involves the use of pressure suits, space restrictions, lack of equipment or capability for in flight meal preparation, or body waste elimination. Consider the time needed to prepare the aircraft in determining the flight duration and if the preflight period prevents eating meals immediately before takeoff. The high-protein, low-residue meal is also for post flight meals if the flight resumed within 24 hours.

Menu planning:

1. Use the following high-protein, low-residue food components in planning these menus:

ITEM	RECOMMENDED COMPONENT	
Beverages	Soda/100% fruit juice/regular or decaffeinated coffee/tea/no more than 8 oz.	
	milk (milk is high-residue, but permitted in limited quantities for its high	
	protein value/satisfaction/acceptability	
Bread	White, toasted, plain or saltine crackers/No coarse or whole grain	
Cereals	Rice/cream of wheat/noodles/macaroni/farina/No coarse or whole grain	
Cheese	Cottage cheese – Plain cottage cheese only – No other types of cheese	
Desserts	Gelatin/sherbets/angel food/sponge cake/sugar cookie/No rich desserts	
Eggs	Egg products/soft or hard cooked/scrambled without fat/poached	
Fat	Squeeze margarine/butter/not to exceed 2 teaspoons per day	
Fruit	Only strained fruit juice/ripe bananas/limited amounts of canned/peeled	
	peaches/pears	
Meat or Fish	Only tender cuts of beef/liver/chicken without/gristle, fish	
	(broiled/roasted/poached without/excess fat)	
Soup	Clear broth with rice/noodles	
Sweets	Sugar/jelly/all sweets in general in limited amounts	
Vegetables	Only bland strained tomato juice/vegetable juice/cooked carrots/white potatoes	
	(boiled/baked) eaten without/skin	
Nuts	Dry roasted peanuts	

2. High- residue and gas forming foods. Don't use the following foods for the high-protein, low-residue menu:

Fried Foods Spices

Herbs

Condiments

Highly Seasoned Foods



BITE-SIZE MEALS

The Bite-Size Meal program is designed to support aircrew members that are required to wear an oxygen mask while in flight. Each component is bite size to aid in eating quickly while the mask is momentarily removed. Food should be concentrated sources of protein, carbohydrates and low fat.

MENU GUIDANCE

Follow the guidance provided for the standard flight meal program.

Bite-Size – Defined ½ to 1 inch cubed, cut, chopped, or sliced

PACKAGING COMPONENTS

- 1. Securely wrap components to protect freshness. Use of generic clear resealable sandwich bags is recommended.
- 2. Ensure consumers can identify components through the wrapping.
- 3. Clearly label components with date of freezing to aid in proper food rotation.
- 4. When packaging a bite-size meal, stamp with date and time limit of safe consumption statement that reads "This meal must be consumed within four hours after preparation."
- 5. Ensure safety of meats by heating five minutes in a preheated oven at 350 F to an internal temperature of 165 F. Remove packaged meat from the oven; drain liquid, then complete sealing by making a double fold pressed flat against the end. Keep food components under refrigeration until transported to the aircraft.

FOOD SAFETY

- 1. Make sure the carrier equipment used to transport the meal is prepared properly to maintain required temperature.
- 2. Once meal components leave the facility do not allow unused portions to be returned to stock. Leftover bite size meals components must be discarded.

DD SERVICE

MARKETING

Product marketing is a vital tool available to the dining facility manager for highlighting new menu items, specialty meals and specific programs. The purpose of marketing is to boost guest interest and awareness of the variety of offerings you provide in your facility. Your local marketing department can serve as a resource in the development of in house merchandising and Go for Green labeling.

KNOWING YOUR FACILITY

It is the responsibility of the dining facility manager to understand how guest flow through the facility in order to identify where the prime merchandising should be displayed.

PRIME VENDOR SUPPORT

Your prime vendor account representative can put you in contact with your product representatives in order to obtain no cost merchandising materials for most catalog items.

STANDARDIZATION

The use of standard flight meal packaging with the Air Force Food Service Logo is a requirement in all APF facilities based on available funding. Standard packaging includes plastic, see through, containers for entrées, salads and larger boxes to hold plastic containers and accompaniments. Bags are also available to meet your Grab-n-Go feeding requirements. They can be purchased locally or refer to the services website for additional sources.

TECHNIQUES TO PROMOTE HEALTHY CHOICES

Offering healthy foods and beverages in our dining facility does not guarantee that our patrons will choose them. Like most people, members will choose foods that look good and taste good. To help our members stay nutritionally fit and improve or maintain good eating habits to optimize performance of the human weapons system, our facilities must promote healthy choices by adopting some of the effective techniques already in use by the commercial food service industry.

Effective marketing involves more than just advertising. Marketing means focusing on the target audience and learning how to satisfy its needs and wants. Effective marketing, centers on designing the best marketing mix, known as the 4Ps:

- Identifying/offering PRODUCTS that meet patron's needs (Go for Green labels).
- PLACEMENT of healthier products in locations so they are easy to choose.
- PROMOTION of products so that patrons know about and willing to try them.
- MERCHANDIZING products so that patrons want to buy them.

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PRODUCTS

Effective marketing begins with identifying which healthy products our patrons will buy and enjoy. The best way to find this out is to ask them using taste tests, surveys or focus groups. To maximize appeal, products need to be packaged and presented in an appealing way. For example, fruits and vegetables need to be fresh, ripe and attractive. Entrées and sides can be garnished using fresh fruits and vegetables.

PLACEMENT

Placement is about making it easier for patrons to make healthy choices; finding out where our customers are most likely to buy foods & beverages and placing healthful products in those areas.

Placement within the dining facility; however, is where we can have the most impact. Placing bottled water and 100% juice products at eye level in the Grab-n-Go refrigerator make it easier for customers to make these choices. Moving fruits and vegetables from the end of the serving line to the beginning is a way to increase sales of these nutrient dense choices. Placing fresh fruit at multiple locations, such as on the end of the salad bar, grill order line, with the desserts and by the register will also increase opportunities for healthful selections.

PROMOTION

Our foodservice staff can make a big difference in our patrons' perception of nutritious choices. Servers' enthusiasm and knowledge of the healthy options are key to promoting these choices. Taste test new products with your staff to arm them with first-hand product knowledge.

Additional promotions for healthy choice items might include:

- Advertising via table tents, posters, menu postings, bulletin boards, etc.
- Articles in the base paper
- Point-of-purchase promotions (sampling, displays, taste tests, contests, etc.

The installation's Registered Dietitian, Health Promotion personnel and/or Nutrition Program Manager can be a helpful resource for staff nutrition education programs, healthy food selection and recipe modification, among other topics; they are subject matter experts in promoting healthful choices.

The following questions can help dining facilities improve their marketing mix:

- How can we learn more about patrons' needs and wants regarding healthy eating?
- How can customer service be better used to help market nutrition?
- What can be done to maximize attractiveness, appeal and convenience of healthy products?
- Would our customers prefer products different from those currently available?
- Is the packaging and presentation of our current products attractive?
- What promotions can market the good taste, fun, increased energy/fitness and other benefits of eating well?
- Could the placement of healthful foods be more prominent?

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The following are easy ideas that increase the nutrition quality of food choices.

Breakfast

- Offer raisins and/or other dried fruits (Craisins, golden raisins, cherries, etc.) as an option for cold or hot cereal toppings.
- Feature fresh fruit and low-fat yogurts in the Grab-n-Go display.
- Add apple slices and or peach slices to the hot line.
- Turn your salad bar into a breakfast fruit and cereal bar in the morning.
- Offer a variety of dried and fresh fruit toppings, cereals, nuts.
- Offer 100% fruit juices exclusively; eliminate fruit flavored beverages.

• Lunch/Dinner

- Offer fruit-based desserts such as cobblers, crisps or tarts.
- Feature colorful, fresh steamed "vegetable of the day" for lunch or dinner.
- Offer steamed vegetables without added fat allowing the customer to add butter or margarine if desired.
- Offer fresh fruit and low-fat yogurt parfaits in the Grab-n-Go display.
- Add dark salad greens (romaine, spinach, leaf lettuce) to salad bars.
- Offer "petite" servings on a smaller plate.
- Offer vegetable pizza options in addition to other pizza favorites.
- Offer dried fruits, nuts and seeds on the salad bar.



MANUFACTURER PROGRAMS

AFSVA/SVOF works with various distributors to develop product awareness programs. The following manufacturers provide product support free of charge for specific products they sell. These programs range from point-of-sale promotional items to preparation training and recipe development, product display cases, serving utensils, etc. Contact your DLA account representative for assistance.

Here are a few of the companies that provide product support programs for our operations:

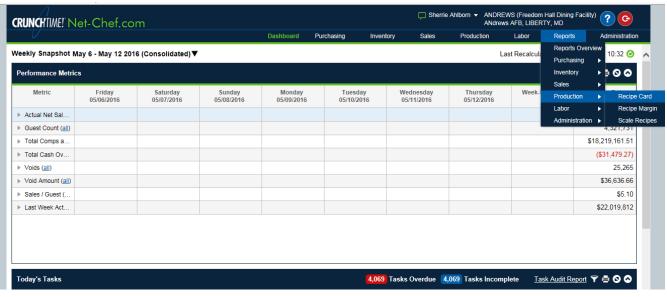
- 1. Cereal
 - a. Kellogg's
 - b. General Mills
- 2. Coffee (Use of one is mandatory)
 - a. S&D
 - b. Sara Lee
 - c. Maxwell House/Gevalia (Kraft)
 - d. Nescafé (Barista)
- 3. Salad Dressings
 - a. Kraft
 - b. Hellman's Field of Greens
 - c. Ventura Foods (Hidden Valley)
 - d. Kens Dressings
- 4. Oil & Buttery Spread (mandatory products)
 - a. Mel Fry Oil (Ventura Foods)
 - b. Smart Balance (Ventura Foods)



OFFICIAL RECIPE PROGRAMS

Net-Chef recipes for CAFE is the official source for recipes, nutritional information and Hazardous Analysis Critical Control Point (HACCP) guidelines for Air Force dining facilities. Missile food service operations should use these recipes to the highest extent possible. More information on the recipes system is located on the services website.

THE UNITED STATES AIR FORCE NET-CHEF RECIPE SYSTEM





COMMENTS/QUESTIONS/SUGGESTIONS

PLEASE CALL OR E-MAIL US AT:

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