



SPECIALTY BARS

Specialty bars such as pasta bars, potato bars, and taco bars are included in the menu to provide variety and additional options for diners; however, these specialty bars are not required and are optional based on dining facility operations and training environment. If offered the specialty bars should provide the following at the minimum:

Pasta Bar:

Minimum of 1 pasta type, preferably 2 pasta types with one being of whole grain variety (spaghetti, rotini, etc)

Red/Marinara Sauce

White sauce or Low fat Alfredo

Potato Bar

Baked Potatoes

Shredded Lettuce

Chopped Onion

Chopped Tomato

Shredded Cheese

Cheese Sauce

Sour Cream (low fat)

Taco Bar:

Taco Shells or Tortilla Wraps/ combination of both

Ground Beef

Shredded Lettuce

Chopped Onion

Chopped Tomato

Shredded Cheese

Cheese Sauce

Sour Cream (low fat)

Salsa

RECOVERY SNACK

Offer BCT/OSUT Soldiers a recovery snack such as a granola bar which will have a minimum of 28-30 grams carbohydrate, 8-9 g protein, 3-5 g fat, and a minimum of 10% DV for iron (if available). The recovery snack will be offered during approved training sessions outlined by Initial Military Training. The approved training sessions and procedures for issuing recovery snack will be available on the JCCoE website under Quality Assurance Division and clicking on the Nutrition Information tab or by pasting the url below into web browser:

http://www.quartermaster.army.mil/jccoe/Operations_Directorate/QUAD/nutrition/nutrition_main.html