



# *Specialty Bar Options*

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## **Specialty Bar Options**

Balloons, signs and theme related displays will draw people to the bar

### **Pasta Bar:**

Minimum of 1 pasta type, preferably 2 types (spaghetti, rotini, etc)

Red/Marinara Sauce-plain

“Garden” Marinara Sauce-cooked with lentils or mushrooms or soy crumbles for texture, onions, bell peppers, chopped tomatoes

Bowls of add ons: mushrooms, black olives, chopped tomatoes, green peas, cherry tomatoes, broccoli

Bowls of sautéed add ons: mushrooms, onions, bell peppers, chopped tomatoes, spinach, zucchini, eggplant

Mushroom risotto

Pepperonis

Bread sticks or sliced French bread

### **Potato Bar**

Baked Potatoes

Baked Sweet Potatoes

Shredded Lettuce

Chopped Onion

Chopped Tomato

Sliced jalapenos

Chopped avocados

Corn

Broccoli

Sliced Black olives

Bean Chili

Black beans

Pinto beans

Salsa

Black Bean & Sweet Potato filling (recipe)

Hacienda Corn and Black Beans (recipe)

Pan fried vegetable options, individually or mixtures of: onions, mushrooms, bell peppers

Guacamole

## **Taco Bar**

Taco Shells, corn tortillas, white or green/garden tortilla Wraps,  
tostada shells  
Soy crumbles  
Shredded Lettuce  
Chopped Onion  
Chopped Tomato  
Sliced jalapenos  
Chopped avocados  
Corn  
Sliced Black olives  
Bean Chili  
Black beans  
Pinto beans  
Salsa  
Black Bean & Sweet Potato filling (recipe)  
Hacienda Corn and Black Beans (recipe)  
Pan fried vegetable options, individually or mixtures of: onions,  
mushrooms, bell peppers  
Guacamole

## **Asian Bar**

Vegetable stir fry  
Tofu stir fry  
General Tao Tofu  
Vegetable Chop Suey  
Vegetable Lo Mein  
Vegetable Chow Mein  
Vegetable Angle Hair  
Mapo Tofu  
Soba noodles  
White rice  
Brown rice  
Vegetable fried rice  
Sautéed mushrooms  
Vegetable spring rolls  
Teriyaki green beans

## **Oatmeal Breakfast Bar**

Pot of “regular” oatmeal  
Pot of theme oatmeal  
Chopped walnuts, sliced almonds  
Cinnamon sugar shaker  
Small bowl of brown sugar  
Bowl of raisins, dried cranberries, dried cherries, dried dates, dried bananas, shredded coconut  
Bowl of chopped fresh fruit (strawberries, peaches, apples, bananas)  
Bowl of fresh fruit –blueberries, other berries  
Bowl of granola  
Bottles of pancake syrup, blueberry or other berry syrup  
Chocolate chips

### Theme oatmeals:

Apple Pie Oatmeal-chopped apples, cinnamon, nutmeg, and pure maple syrup  
Peach Pie oatmeal  
Pumpkin Pie Oatmeal  
Banana Nut Oatmeal  
Luau Oatmeal (dried pineapple, fresh or dried mango, shredded coconut)  
Peanut Butter Oatmeal (or Peanut Butter Banana Oatmeal)

## **Breakfast Cereal Bar**

Box, bowl or dispenser cereals  
Box, bowl or dispenser granola  
Chopped walnuts, sliced almonds  
Bowl of raisins, dried cranberries, dried cherries, dried dates, dried bananas, shredded coconut  
Bowl of chopped fresh fruit (strawberries, peaches, apples, bananas)  
Bowl of fresh fruit –blueberries, other berries

# Go for Green® Guidelines: Far East Specialty Bar



## Overview

Specialty bars are an excellent way to increase variety beyond what’s offered on the Main/Hotline. When creating a Far East Specialty Bar, take into consideration the following performance-minded guidelines. These guidelines will help you achieve the Go for Green® Menu Coding Goals.

Your dining-facility staff influences what service members choose to eat through what your facility serves as well as where your staff places menu items. Featuring Green-coded menu items in prominent places and educating diners on how to select healthy meals encourages them to choose Green- and Yellow-coded options over Red-coded options. Your staff also can encourage diners to be creative and design their own entrées using different Green-coded items throughout the dining facility.

## G4G Menu Coding Goals for Dining Facilities

(See <http://hprc-online.org/nutrition/files/g4g-coding-goals-table-070516-pdf> for basic guidelines.)

- ▶ At least one entree and two sides per meal on all specialty bars must be Green-coded items.
- ▶ At least 50% of choices should be Green- and/or Yellow-coded prior to diner-added toppings.

## 1 FOOD PLACEMENT/SETUP

- ▶ The diagram below shows one possible way to present the Far East Specialty Bar to be within Go for Green® guidelines. Use the equipment you have on hand to mimic these ideas. Consider low-cost changes and movement of equipment within the dining facility/galley when feasible. By placing this before the serving line, diners in a rush will opt for the faster Far East Specialty Bar option instead of the lines at the short order station.

Vegetable Lo Mein (G)	Vegetable Curry with Brown Rice (G)	Japanese Vegetable Stir Fry (G)	Bean sprouts (G)	Sautéed Mushrooms and Onions (Y)	Pineapple (G)	Chinese Egg Rolls (Baked) (R)
			Vegetable Fried Rice (G)	Rice noodles (Y)	Teriyaki sauce (Y)	Sweet & Sour sauce (Y)
			Brown rice (G)	Whole-grain pasta (G)	Soy sauce (G)	Sriracha (G)

→ Diner flow of traffic →

- ▶ Place Green-coded options in each category first on the line before Yellow- and Red-coded options to encourage the diner to choose the healthier options.
- ▶ Also place Green-coded items closest to the diner, requiring them to reach further for the Yellow- and Red-coded options.
- ▶ Place high-volume Green-coded options in the largest pans your bar accommodates.

- ▶ Place Red-coded options in the smallest pans your bar accommodates, and pair them with the smallest serving utensils.

## 2 FOOD ITEMS

- ▶ For variety, alternate between Egg Rolls and Spring Rolls.
- ▶ For variety, alternate between Teriyaki Sauce, Szechwan Sauce, Kung Pao sauce and Oriental Pineapple Sauce.
- ▶ Prepare sauces from scratch when possible.
  - Sauces made from scratch tend to be less processed and lower in sugar, sodium, and additives/preservatives.
- ▶ Visit the G4G website for other ideas as they are developed: <http://hprc-online.org/nutrition/go-for-green/G4G-operations> and click on “Menu Revisions.”

### Suggested Far East Specialty Bar items to help meet Go for Green® Menu Coding Goals

Use the following menu items and recipes to modify your Far East Specialty Bar to increase the number of Green-coded options. Many items are available ready-to-serve or can be prepared from scratch and/or speed scratch using Armed Forces Recipe Service (AFRS) recipes. In-house preparation is preferred when possible because you have more control over ingredients and preparation techniques. A certain item might code differently based on whether it is an AFRS homemade recipe vs. commercial, which might vary among brands.

Sodium codes are assigned based on standard portion sizes; if a larger-than-standard portion is served, the code might be incorrect.

Bar Item	G4G Color Code	G4G Sodium Code	AFRS Recipe Number*
<b>Entree</b>			
Vegetable Lo Mein	Green	Low	In development
Vegetable Curry with Brown Rice	Green	Low	T-203-00
Tofu Stir Fry	Green	Moderate	T-004-00/02
Japanese Vegetable Stir Fry	Green	High	Q-073-00
Vegetable Stir Fry	Green	High	Q-025-00/01
<b>Vegetables/Fruits</b>			
Bean sprouts	Green	Low	—
Bean Salad with Asian Dressing	Green	Low	M-076-00
Pineapple	Green	NA	—
Sautéed Mushrooms	Yellow	Low	Q-030-00
Sautéed Mushrooms and Onions	Yellow	Moderate	Q-030-01

<b>Starches/Grains</b>			
Rice, brown	Green	Low	E-005-00/01/10/11/15
Vegetable Fried Rice (brown rice)	Green	Moderate	E-007-00
Pasta, whole-grain (Spaghetti noodle)	Green	Low	E-004-00
Pasta, whole-grain (angle hair noodle)	Green	Low	E-004-21
Pasta, white	Yellow	Low	E-004-02
Pasta, (angle hair noodle)	Yellow	Low	E-004-23
Rice noodles	Yellow	Low	—
Rice, white	Yellow	Low	E-005-03/04/08/09/13/14 and 17
Chinese Egg Rolls (Baked)	Red	Moderate	B-002-00
<b>Proteins</b>			
Tofu, extra firm, cubed	Green	Low	—
Beans: canned, drained, and rinsed (black, pinto, chickpeas/garbanzo)	Green	Low	—
<b>Sauces</b>			
Oriental (Sweet and Sour) Sauce	Yellow	Low	O-026-00
Oriental Pineapple Sauce	Yellow	Low	O-009-02
Szechwan Sauce	Yellow	High	O-010-00
Teriyaki Sauce	Yellow	High	O-014-01
Sriracha	Green	Low	—
Soy sauce, reduced-sodium	Green	High	—
Kung Pao sauce	Yellow	High	—
<b>Seasonings</b>			
Salt	Green	Low	—
Pepper	Green	Low	—
Pepper, crushed red	Green	Low	—

\* AFRS recipes can be found on the G4G website: <http://hprc-online.org/nutrition/go-for-green/G4G-operations>, click on “Menu Revisions.”

# Go for Green® Guidelines: Oatmeal Breakfast Bar



## Overview

Specialty bars are an excellent way to increase variety beyond what's offered on the Main/Hotline. When creating an Oatmeal Bar, take into consideration the following performance-minded guidelines. These guidelines will help you achieve the Go for Green® Menu Coding Goals.

Your dining-facility staff influences what service members choose to eat through what your facility serves as well as where your staff places menu items. Featuring Green-coded menu items in prominent places and educating diners on how to select healthy meals encourages them to choose Green- and Yellow-coded options over Red-coded options. Your staff also can encourage diners to be creative and design their own entrées using different Green-coded items throughout the dining facility.

## G4G Menu Coding Goals for Dining Facilities

(See <http://hprc-online.org/nutrition/files/g4g-coding-goals-table-070516-pdf> for basic guidelines.)

- ▶ At least one entree and two sides per meal on all specialty bars must be Green-coded items.
- ▶ At least 50% of choices should be Green- and/or Yellow-coded prior to diner-added toppings.

## 1 FOOD PLACEMENT/SETUP

- ▶ The diagram below shows one possible way to present the Oatmeal Bar to be within Go for Green® guidelines. Use the equipment you have on hand to mimic these ideas. Consider low-cost changes and movement of equipment within the dining facility/galley when feasible. By placing this before the serving line, diners in a rush will opt for the fast line Oatmeal Bar option instead of the typical yellow and red-coded made to order egg and meat options.

Hot Oatmeal (Green)	Hot Oatmeal Theme Flavor (Green) (optional)	Hot Grits or Hot Farina or Pancakes (Yellow)	Sliced Bananas (Green)	Shredded coconut (Green)	Craisins (Green)	Walnut pieces (Green)	Brown Sugar (Red)
				Granola (Green)	Raisins (Green)	Sliced Almonds (Green)	Maple Syrup (Yellow)
				Fresh Blueberries or peach slices (Green)	Fresh sliced strawberries (Green)	Diced Apples (Green)	Cinnamon & spice shakers (Green)
→ Diner flow of traffic→							

- ▶ Place Green-coded options in each category first on the line before Yellow- and Red-coded options to encourage the diner to choose the healthier options.
- ▶ Also place Green-coded items closest to the diner, requiring them to reach further for the Yellow- and Red-coded options.



- ▶ Place high-volume Green-coded options in the largest pans your bar accommodates.
- ▶ Place Red-coded options in the smallest pans your bar accommodates, and pair them with the smallest serving utensils.

## 2 FOOD ITEMS

▶ Offer unseasoned oatmeal in a soup pot or large serving pan and then similarly offer a “theme” oatmeal with spices and fruit and/or nuts. Use a large soup ladle for easy take up. Themes can include Apple Pie Oatmeal (chopped apples, cinnamon, nutmeg, and pure maple syrup), Peach Pie oatmeal, Pumpkin Pie Oatmeal, Banana Nut Oatmeal (perfect for using up over-ripe bananas), Luau Oatmeal (dried pineapple, fresh or dried mango, shredded coconut) or Peanut Butter Oatmeal (or Peanut Butter Banana Oatmeal).

- ▶ If also offering pancakes, offer green coded whole-wheat pancakes and place them on the line before other yellow coded pancake options.
- ▶ Offer a variety of fruits, fresh and in season where available, canned or frozen defrosted where fresh is not available. Offer the fruits sliced, chopped or diced so they can be “sprinkled” on top of the oatmeal, grits, farina or pancakes.
- ▶ Offer Green-coded toppings such as:
  - Raisins, craisins, dried bananas, dried cherries, dried dates, dried coconut or other dried fruits
  - Granola

### ▶ FEATURED MEAL OR PLATE

- ▶ Create a Green-coded “Featured Oatmeal” theme at least once a week. Offer one daily if your facility staff can accommodate it. Diners will take your advice!
- ▶ The display for your “Featured Oatmeal” should include a sign with:
  - Meal name
  - Ingredient list
  - Directions on how to construct the “Featured Oatmeal,” much like a recipe
- ▶ Within 6 months of launching G4G, work towards displaying a photograph of the “Featured Oatmeal” or an actual plated meal.
- ▶ Visit the G4G website for other ideas as they are developed: <http://hprc-online.org/nutrition/go-for-green/G4G-operations> and click on “Menu Revisions.”

## Suggested Oatmeal Bar items to help meet Go for Green® Menu Coding Goals

Use the following menu items and recipes to modify your Oatmeal Bar to increase the number of Green-coded options. Many items are available ready-to-serve or can be prepared from scratch and/or speed scratch using Armed Forces Recipe Service (AFRS) recipes. In-house preparation is preferred when possible because you have more control over ingredients and preparation techniques. A certain item might code differently based on whether it is an AFRS homemade recipe vs. commercial, which might vary among brands.

Sodium codes are assigned based on standard portion sizes; if a larger-than-standard portion is served, the code might be incorrect.

Bar Item	G4G Color Code	G4G Sodium Code	AFRS Recipe Number*
<b>Entree</b>			
Hot Oatmeal	Green	Low	E-001-00
Hot Grits	Green	Low	E-002-00
Hot Farina	Yellow	Low	E-001-02
<b>Pancake options</b>			
Fluffy Pancakes	Yellow	Moderate	In development
Pancakes (Whole Wheat)	Green	Moderate	D-025-09
Whole Wheat Carrot Cake Pancakes	Green	Moderate	D-025-15
Pancakes (Banana Oat)	Green	Moderate	D-025-12
Pancakes	Yellow	Moderate	D-025-00
Blueberry Pancakes	Yellow	Moderate	D-025-02
Pancakes (Pancake Mix)	Yellow	Moderate	D-025-05
<b>Toppings</b>			
Maple Syrup	Yellow	Low	D-050-00
Granola	Green	Low	E-304-00

\* AFRS recipes can be found on the G4G website: <http://hprc-online.org/nutrition/go-for-green/G4G-operations>, click on "Menu Revisions."