

MTARNG 20-DAY MENU STANDARDS FOR FIELD AND GARRISON TRAINING

1. GENERAL.

- a. Description. This menu has been designed for use by our organization during Annual Training (AT) and Inactive Duty Training (IDT) in accordance with the instructions in NGB All States Letter Log Number I96-0147 and AR 30-1 para 12-13, dtd 15 August 1989. The selection of menu items has been based upon food acceptability, labor considerations, facilities, and equipment available for food preparation.
- b. Use. The menu consists of breakfast, lunch, and dinner meals of “A” Rations for a 20-day period and is designed to be repeated. For IDT, meals identified in the Meal Ordering Schedule for the Fiscal Year will be utilized. All menu items contained herein may be prepared with field equipment. Each daily menu is accompanied by a recapitulation of ration issues by meal as well as a consolidated total of all ration issues for the particular menu day. This will assist personnel in the breakdown of ration issues by meal and by day.
- c. Included in the 20-day menu:
 - Thanksgiving or Christmas Holiday Menu (RC are authorized one or the other, **not both**)
 - Continental Breakfast menu
 - Modified Continental Breakfast Menu
 - Four (4) Box Lunch Menus

2. NUTRITION

- a. The 20-day menu as planned, provides a nutritionally adequate diet for temperature climate, under average or usual conditions of activity.
- b. Calorie intake for each meal, as well as a fitness pattern menu and calorie intake, have been provided for nutritive analysis.
- c. As per SB 10-263, those individuals following a fitness pattern menu should adhere to 500-600 calories per meal, and not to exceed 1600 calories per day. The printed menus are a sample of calorie intake. It is the individual’s responsibility to select those items per each menu to stay within the prescribed calorie intake.





3. USE OF RECIPES AND ISSUE QUANTITIES.

- a. Recipes prescribed in the 20-day Menu are a product of the Armed Forces Recipe Service (TM 10-412).
- b. The quantities included in the ration issue charts of the 20-day Menu will provide 100 portions of each menu item except for breakfast cereals, salad dressings, and non-milk beverages. These items are based on a 50 portion ratio.



4. USE OF DAIRY PRODUCTS.

- a. Lowfat (2%) milk is included herein for beverage purposes only. Lowfat (2%) milk is the primary recommended milk. The prescribed quantity of milk is 32 ounces per person per day. **Buttermilk, lowfat (2%) chocolate milk, skim milk, yogurt, cheese, ice cream, sour cream, cottage cheese and whipped cream may be purchased as portions of the prescribed quantity of milk.**
- b. Creamer, nondairy, dry, is included in the menus for use with coffee.
- c. Non-fat dry milk is prescribed herein for **all cooking purposes**. It has been selected for this purpose because of the many advantages that it offers. It is easy to use, economical, easy to transport and requires no special storage requirements. It also reduces the level of fat in the recipe.
- d. Margarine – The use of polyunsaturated margarine is preferred for food preparation and table use.



5. USE OF FRUITS AND VEGETABLES.

- a. Fresh fruit in season is shown for lunch and dinner meals each day.
- b. The breakfast meals provide for the daily Vitamin C requirement with a citrus fruit or juice. **DO NOT MAKE SUBSTITUTIONS TO THE PRESCRIBED JUICE FOR BREAKFAST MEALS.**
- b. 3# of fruit per person may be added to the meal to supplement as per Menu Board minutes 4 March 1990. Exercise care not to exceed the LPBDFR.



6. USE OF BAKERY ITEMS.

- a. Whenever oven space is available and time permits, hot rolls and unit baked breads should be prepared. A variety of hot breads and baked dessert items are always acceptable to the troops.
- b. Products i.e. flour, sugar, spices, yeast may be purchased to afford mess personnel the opportunity for OJT. Exercise care not to exceed the LPBDFFA.



7. USE OF WARMING AND COOLING BEVERAGES.

- a. Warming and cooling beverages are authorized for **field training exercises** as needed and will be purchased within the units LPBDFFA for that training period. Units having an excess warming/cooling beverage requirement that cannot be satisfied within their LPBDFFA for a specific training period, will submit, with justification, the required paperwork as per the DCSLOG Guide for approval on a case-by-case basis.
- b. Guidelines to support a warming/cooling beverage requirement (based on a 100 person ratio) are as follows:

Soup – dehydrated (4.2 oz box) - 12 boxes = 100 servings
Hot chocolate Mix – Individual Packets - 100 packets = 100 servings
Sweetened Beverage Powder - 20 Qts = 100 servings
Tea – Individual Servings – 100 bags = 100 servings
Coffee – 32 ounce can = 100 servings
Cream and Sugar – As demand dictates

8. USE OF ACCESSORY FOODS AND CONDIMENTS.

- a. Quantities of accessory foods and condiments which are required to prepare the recipes have been included in the ration issue charts.
- b. Enhancers for personal/meal seasoning i.e. Salsa, Whipped Topping, Sour Cream, Tartar Sauce, Horseradish, Nuts, Pickles, Honey etc. are authorized and should be purchased in individual packets whenever possible. A field feeding environment dictates the need for individually packaged items for enhancement.



- c. Choose from available varieties to include lo-cal when purchasing salad dressings.
- d. Troop preference and local acceptability dictate the quantity and type of accessory foods and condiments desired for table use – Keep in mind, this must be accomplished while staying within the LPBDFA.



9. USE OF AUTHORIZED SUBSTITUTIONS

- a. Creativity and variety is encouraged. In an effort to provide a high quality, troop acceptable meal, the training requirements as well as the average age of unit personnel, play a large role in troop preference.
- b. The list below offers suggestions for suitable substitutions. Keep in mind the LPBDFA. Additionally, substitutions are authorized in **like item** manner only, i.e. Bakery items for breads, desserts for desserts, meats for meats etc.

Dry Cereal, Assorted

Hot Cereal

Fish

Haddock, Cod, Ocean Perch, Sole
Rockfish, Trout, Salmon, Pollock
Fillets, Halibut Steak, Shrimp

Soup

Potato
Starchy Vegetable
Bread

Non-milk Beverages

Low Calorie Carbonated Beverages
Fruit Juices
Iced Tea



10. USE OF ICE

- a. Ice is authorized in block or cube form as deemed necessary to prevent spoilage of raw subsistence and for cooling beverages.
- b. Ice is **NOT** a subsistence item and will not be procured with subsistence dollars. Procurement of ice will not affect the LPBDFA. 2.5# of ice per person, per day, Provides a guideline for procuring ice.



11. USE OF CLEANING AND PAPER PRODUCTS

- a. Ensure an adequate supply of cleaning products are available for cleaning and disinfecting.
- b. Lunch bags, garbage bags, saran wrap, foil etc. are authorized for procurement as deemed necessary. **Do not use subsistence dollars.**
- c. Use rags or heavy duty paper cleaning products for general clean up. **Sponges are not authorized for cleaning purposes.**



12. USE OF ALTERNATE MEALS

- a. As per Ar 30-21, para 1-5b, the approved meal standard for the AFFS (Armed Forces Feeding System) is one (1) MRE and two (2) hot meals per day.
- b. A variety of meals have been recognized as an alternate meal to the MRE. The following “alternate meals” are not designed to replace the MRE but provide variety and exposure to new army food concepts. Training requirements and troop preference are the guidelines for use of the alternate meals.

Jimmy Dean Meals

TOTM (Tailored Operational Training Meal) - MRE with ½ calories

Heater Meals (A Main Entrée meal)

Heater Meals Plus (A Main Entrée meal complete with drink, snacks and fruit cup.)

- c. The recognized alternate meal for “A” rations are the UGR “A” meals (Unitized Group Rations). A semi-prepared meal consisting of perishable (frozen) and non-perishable items. Bread, milk, fruit and salads to enhance the UGR “A” meals must be procured locally to complete the meal.