Sack lunches <u>must</u> contain one item from each of the following 7 categories (at a <u>minimum</u>):

#1 SANDWICH

One meat sandwich (or sandwich with non-meat substitute for vegetarian lunches).

- The sandwich shall be wrapped in plastic wrap or plastic bags.
- The sandwich shall contain two 1 to 1½ oz. slices of bread or gluten-free bread if providing gluten-free lunch option.
- The meat sandwich shall contain 3½ oz. sliced whole muscle meat or a combination of sliced whole muscle meat and cheese or equivalent vegetarian substitute. Ground meat, such as meatloaf or ground beef patties, may be allowed if approved by the Government.
- Appropriate individually packaged condiments shall be provided and not be put directly on the sandwich.

#2 VARIETY ITEM

- Contractors may choose a variety of items for the second entrée including a second sandwich. The preferred option is to provide energy bars.
- Variety item must have a minimum nutritional value of at least 400 calories and a minimum weight of at least 5½ oz.

Note - The Government may approve the following for variety on an occasional basis: One super-sized hoagie or submarine (salami or bologna may be used) having a minimum combination of meat and/or cheese weighing 7 ounces used in place of categories #1 and #2. (Non-meat substitutes shall replace the meat in a vegetarian hoagie or submarine.)

#3 FRUIT

The fruit shall be one apple (size 100 count) or one sweet orange (size 88 count), or other fresh fruit of comparable size.

#4 DRIED FRUIT

- Must be factory wrapped or re-sealable individually wrapped by the Contractor.
- Must have a nutritional value of at least 200 calories and weight at least 3 oz.
- All ingredients must be identified and attached to the product for easy identification.

Note: Most dried fruits have a caloric value of approximately 75 calories per oz.

#5 FACTORY WRAPPED OR RE-SEALABLE INDIVIDUALLY WRAPPED SNACK

- Two (2) or more snacks with a combined nutritional value of at least 600 calories and combined weight of at least 6 oz.
- It is preferred that these snacks be high in carbohydrate content.
- All ingredients must be identified and attached to the product for easy identification.

#6 CONDIMENTS

Four (4) individual factory wrapped packets of condiments appropriate for categories #1 and #2. **Example:** 2 packets mayonnaise **and** 2 packets of mustard.

#7 PAPER NAPKINS AND MOISTENED TOWELETTES

- Two (2) paper napkins.
- Two (2) moistened towelettes.

QUALITY STANDARDS

USDA Institutional Meat Purchase Specifications (IMPS) are specified for some items below to clarify required quality standards. Copies of IMPS can be obtained from the USDA, *AMS,* Livestock and Seed Division, website located at: http://www.ams.usda.gov/AMSv1.0/getfile?dDocName=STELDEV3003281.

The following minimum quality standards and meal periods for serving (in addition to any applicable IMPS) must be met:

PORK - USDA inspected USDA Grades 1-4. Whole/full muscle pork items, whole/full muscle cured ham and natural juices or cured ham with water added not to exceed 15% pump (ham and water product and turkey-ham is not allowed) meeting IMPS Series 400 and 500.
BEEF - USDA inspected, whole/full muscle, flats, top and bottom rounds, and eye of the round only (no shoulder cuts allowed). Need not be USDA Choice. Pre-Cooked further processed beef, shall meet IMPS 600 Series. (No more than 15% pump in all precooked beef items).
POULTRY - USDA inspected, USDA Grade A, whole/full muscle. Processed or precooked turkey must have a maximum of 3 lobes per product of breast meat only, no more than 50% pump in all poultry items. (No chunked, chopped and/or formed allowed.)
CHEESE - Natural cheese. No imitation cheese, processed cheese, cheese product, cheese food or cheese spread is allowed.
FRESH FRUITS AND VEGETABLES – Must be First Quality. The fruit shall be one apple (size 100 count) or one sweet orange (size 88 count), or other fresh fruit of comparable size.
BREAD – 100% whole wheat or whole grain (cracked or with seeds and grains are acceptable), or enriched white. Diet or "balloon" bread is not allowed. Gluten-free bread if providing gluten-free option.

PACKAGING AND MARKING

The following is required**:**

- Sack lunches shall be bagged in heavy duty paper sacks to protect the lunch.
- The ordering agency must be able to distinguish between vegetarian, gluten-free and regular sack lunches by use of different colored bags or clearly distinguishable markings.
- Individual sack lunches shall be packed in cardboard boxes holding exactly 20

lunches in each box and shall be ready at the agreed upon time.

- The sack lunches may not be made any longer than eight hours prior to delivery. A longer or shorter period of time may be deemed appropriate by the ordering agency depending on refrigeration or storage conditions utilized. If delivery by the Contractor is required, the items shall be kept at a temperature cool enough to prevent degradation of the food items.
- Sandwiches shall be packaged in plastic sandwich bags or other packaging. The packaging shall keep the sandwich intact, and or not excessively add to waste disposal; i.e. no Styrofoam.
- The sandwiches shall be packaged and dated the day they were prepared. The sack lunch bags shall be stamped or labeled as follows:

"Prepared on (date and time)"