

## Sack Lunch Specifications

1. Regular and vegetarian sack lunches shall be provided as ordered by the Government.
2. Vegetarian sack lunches shall be prepared for the Ovo-Lacto vegetarian classification level and shall consist of the same quantities and items as regular sack lunches.
3. Non-meat protein substitutes such as vegetarian lunchmeat require Government approval and shall be used on a limited basis in vegetarian sack lunches
  - i. **Definition:** Ovo-Lacto Vegetarian - This is the most common form of vegetarianism. Ovo-Lacto vegetarians do not eat meat, chicken, fish or flesh of any kind, but do eat eggs and dairy products. Subcategories are Ovo vegetarians that eat eggs but not dairy products, while Lacto vegetarians eat dairy products but not eggs.
4. The sack lunch consists of four categories of food items. In preparation of the sack lunches, no two items in each category shall be the same. To ensure variety, lunch items shall not be repeated in a three-day period.

**NOTE:** Pre-prepared sandwiches shall not be frozen.

**Sack lunches must contain the minimum listed items from each of the following 6 categories:**

| <i>Sack Lunch Items by Category:</i>   |  |
|--|--|
| <b>#1 PRIMARY ITEM</b>   |  |
| One meat sandwich (or sandwich with non-meat substitute for vegetarian lunches). <ul style="list-style-type: none"><li>• The sandwich shall be wrapped in plastic wrap or plastic bags.</li><li>• The sandwich shall contain two 1 to 1½ oz. slices of bread or gluten-free bread if providing gluten-free lunch option.</li><li>• The meat sandwich shall contain 4 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.</li><li>• Appropriate individually packaged condiments shall be provided and not be put directly on the sandwich.</li></ul> |  |
| <b>#2 SECONDARY ITEM</b>   |  |
| <ul style="list-style-type: none"><li>• Contractors shall select 1 item from this category. Contractors may choose a variety of items for the secondary meal including a second sandwich. (See Page 4 &amp; 5, Sack Lunch Options, for examples and size of primary and secondary items)</li></ul>   |  |
| <b>#3 SALADS, FRESH FRUIT AND FRESH VEGETABLES</b>   |  |
| <ul style="list-style-type: none"><li>• Salads - Shall be made with a non-mayonnaise base. When served as a side, shall have a minimum volume of 4 oz.</li></ul>   |  |

**Sack Lunch Items by Category: continued**

- Fresh Fruit - Acceptable whole fruits may be apples, pears, stone fruit (peaches, nectarines, plums, etc.), oranges, bananas, etc. Whole fruits shall be equivalent in size to 100 count apples or 88 count oranges.
- Fruits requiring packaging shall be a minimum volume of 8 oz. cup.
- Fresh Vegetables - Shall be a minimum volume of 8 oz. cup.

**#4 ENERGY SNACKS**

Vendor must select 6 items from this category. (See Sack Lunch Options, for examples and size of Energy Snacks)

**#5 CONDIMENTS**

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

**#6 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: [USDA, AMS, Livestock and Seed Division](http://USDA, AMS, Livestock and Seed Division).

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

**MINIMUM QUALITY STANDARDS**

**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, ham with water and isolated soy protein added, 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 with the exception of corned beef brisket, which may be 20%).

**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 15% pump in all poultry items. (No chunked, chopped and/or formed 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

**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.

**CHEESE** - Natural cheese. No imitation cheese, cheese product, cheese food, or cheese spread allowed except in factory wrapped - commercially available products as burritos, Hot Pockets®, chimichangas, etc., needed for sack lunches. The Contractor shall use natural cheese if these items are made at the incident.

## 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)**".

## Sack Lunch Options

Note: Small deviations from the minimum amount of commercially packaged products may be allowed with prior approval from the IC.

| MENU ITEM                           | MINIMUM AMOUNT | SPECIFICATIONS AND COMMENTS  |
|-------------------------------------|----------------|--|
| <b>PRIMARY &amp; SECONDARY MEAL</b> |                | <b>LUNCHES WILL INCLUDE 2 DIFFERENT ITEMS FROM THIS CATEGORY</b>   |
| Sandwich with choice of meat:       |                | Regular and vegetarian primary meal shall be a sandwich or a wrap. Sandwiches may be all meat or a combination of meat and cheese. |
| Turkey                              | 4 oz.          |  |
| Ham                                 | 4 oz.          |  |
| Chicken                             | 4 oz.          |  |
| Roast Beef                          | 4 oz.          |  |
| Multi-meat (hoagie style)           | 4 oz.          |  |
| Burrito/Chimichanga:                | 1 each*        | Must be factory wrapped.   |
| Beef                                |                |  |
| Chicken                             |                |  |
| Pork                                |                |  |
| Bean                                |                |  |
| Rice and cheese                     |                |  |
| Hard salami or summer sausage       | 4 oz.          | Salami sticks/jerky are not acceptable as primary or secondary meal.   |
| Hard Boiled Eggs                    | 2 eggs         | In addition to the primary and secondary meal  |
| Peanut butter and jelly sandwich    | 6 oz. each     | Per sandwich   |
| Spam                                | Single packet  | With Government approval. Include foil.  |
| Tuna                                | One packet     | Chunk light tuna, dolphin-safe, and water packed   |
| Cobb Salad                          | 8 oz.          | 4 oz. protein freshly made with Government approval  |
| Ground beef patties                 | 4 oz.          | With Government approval   |
| Meatloaf                            | 4 oz.          | With Government approval   |

\*Items listed as each are standard serving size

| MENU ITEM                                       | MINIMUM AMOUNT                   | SPECIFICATIONS AND COMMENTS  |
|---|----------------------------------|--|
| VEGETARIAN MEAL OPTIONS                         |                                  | VEGETARIAN LUNCHES WILL INCLUDE 2 DIFFERENT ITEMS FROM THIS CATEGORY   |
| Burrito/Chimichanga:<br>Bean<br>Rice and cheese | 1 each/5 oz.                     | Primary vegetarian meal shall be a sandwich or wrap containing 4 oz. of a non-meat protein. Cream cheese is not considered a protein for this requirement.   |
| Hard boiled eggs                                | 2 eggs                           | In addition to the primary or secondary meal   |
| Veggie burger                                   |                                  | Bean, tofu, tempeh, rice, quinoa, or equivalent  |
| Peanut butter and jelly sandwich                | 6 oz. each                       | Per sandwich   |
| Veggie wrap with hummus                         | Equivalent to sandwich           | In tortilla wrap or pita bread   |
| Salads:<br>Quinoa<br>Pasta<br>Couscous<br>Bean  | 8 oz.<br>8 oz.<br>8 oz.<br>8 oz. | All salads will have vegetables, spices and variety<br>All salads will be made with a non-mayonnaise base (i.e. Italian dressing or olive oil)<br>When served as a main meal salads will be 8 oz. servings   |
| Other   |                                  | At the discretion of the Government  |
| SALADS, WHOLE FRUITS AND VEGETABLES             |                                  | LUNCHES WILL INCLUDE 2 DIFFERENT ITEMS FROM THIS CATEGORY  |
| Salads:<br>Quinoa<br>Pasta<br>Couscous<br>Bean  | 4 oz.<br>4 oz.<br>4 oz.<br>4 oz. | Shall be freshly made with Government approval<br>All salads will have vegetables, spices and variety<br>All salads will be made with a non-mayonnaise base (i.e. Italian dressing or olive oil)<br>When served as a side, salads will be 4 oz. servings |
| WHOLE FRUIT                                     |                                  |  |
| Apples  | 100 count                        | All hopped or cut fruits will be non-compacted 1 cup portions  |
| Oranges   | 88 count                         |  |
| Pears   | Equivalent to apples             |  |
| Strawberries                                    | 1 cup                            |  |
| Pineapple                                       | 1 cup                            |  |
| Nectarines                                      | Equivalent to apples             |  |
| Other   |                                  | Approved by Government   |

| WHOLE VEGETABLES                 | 1 cup             | All chopped or cut vegetables will be 1 cup non-compacted portions |
|----------------------------------|-------------------|--|
| Carrots                          |                   |  |
| Sugar snap peas                  |                   |  |
| Celery                           |                   |  |
| Cucumber                         |                   |  |
| Baby bell peppers                |                   |  |
| Avocado                          |                   |  |
| Other                            |                   | Approved by the Government   |
| ENERGY SNACKS                    |                   | LUNCHES WILL CONTAIN 6 DIFFERENT ITEMS FROM THIS CATEGORY          |
| Granola bar                      | 1 each*           | Nature Valley® or equal quality                                    |
| Energy bar                       | 1 each*           | ProBar™, LUNA®, LARABAR®, Odwalla®, Tigers Milk®, CLIF® or equal   |
| Trail mix                        | 3 oz.             |  |
| Candy bar                        | 1 each*           | Snickers®, Milky Way®, Butterfinger® or equal quality              |
| Beef or turkey jerky             | 2 oz.             |  |
| Bagel                            | 1 full or 2 minis |  |
| Cheese                           | 2 each*           | Babybels® or cheese stick  |
| Crackers                         | 1 oz./130 cal.    | Goldfish® or another non-crushable type                            |
| Nuts                             | 1 oz.             | Almonds, pistachios or mixed variety                               |
| Sandwich crackers                | 1 oz./150 cal.    | Peanut butter, cheddar or other varieties                          |
| Muffin                           | 3 oz.             |  |
| Baked potato chips               | 1 oz./160 cal.    | Baked potato chips, tortilla chips or similar variety              |
| Fruit or vegetable squeeze pouch | 3 oz.             | Applesauce or mixed varieties                                      |
| Non-sugared dried fruit          | 200 cal.          | Apple rings, bananas, apricot, pear, cranberry, raisin, plum       |
| Granola                          | 4 oz.             | Loose, not in bar form   |
| Dill pickle pack                 |                   |  |
| Fruit straps                     | 2 each*           |  |
| Fruit bar                        | 1 each*           |  |
| Single serve peanut butter pouch | 1 oz./200 cal.    |  |
| Pretzels                         | 110 cal.          | Plain or peanut butter flavored                                    |
| Seeds                            | 1 oz.             | Sunflower, pumpkin or other varieties                              |
| Fig cookies                      |                   |  |

## Sample Lunches

| SAMPLE LUNCH #1                      | SAMPLE LUNCH #2                    |
|--------------------------------------|------------------------------------|
| Roast beef on 7 grain bread          | Turkey/provolone cheese sandwich   |
| Peanut butter and jam on wheat bread | Hard boiled eggs (2)               |
| Orange                               | Quinoa salad                       |
| Pasta salad                          | Apple                              |
| Babybel® cheese (2)                  | Granola bar                        |
| Goldfish® crackers                   | Beef jerky                         |
| Snickers® candy bar                  | Blueberry muffin                   |
| Sunflower seeds                      | Milky Way® candy bar               |
| Granola (loose)                      | Dill pickles                       |
| Non-sugared dried apple rings        | Fruit straps                       |
| Salt, pepper, salad dressing         | Mayonnaise, mustard, salt, pepper  |
| SAMPLE LUNCH #3—VEGETARIAN           | SAMPLE LUNCH #4                    |
| Peanut butter and jam on wheat       | Pulled chicken on Kaiser roll      |
| Bean and cheese burrito              | Multi-meat (hoagie style) sandwich |
| Pear                                 | Bean salad                         |
| Mixed whole vegetables               | Sugar snap peas                    |
| Trail mix                            | Sandwich crackers                  |
| String cheese (2)                    | Applesauce squeeze pouch           |
| LARABAR®                             | Bagel (2 minis)                    |
| Oatmeal chocolate chip cookies       | Baked potato chips                 |
| Non-sugared dried cranberries        | Trail mix                          |
| Granola (loose)                      | Granola bar                        |
| Taco sauce                           | Cream cheese                       |
|                                      | Mayonnaise, mustard                |