

Sack Lunch Specifications

Sack Lunches:

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 lunchmeats 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. Sub categories 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 one item (or the stated required minimum) from each of the following 6 categories:

#1 PRIMARY ITEM

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 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.
- Appropriate individually packaged condiments shall be provided and not be put directly on the sandwich.

#2 SECONDARY ITEM

- Vendors shall select 1 item from this category. Vendors may choose from a variety of items for the secondary meal including a second sandwich. (See Page 4 & 5, Sack Lunch Options, for examples and size of primary and secondary items)

#3 SALADS, FRESH FRUIT, AND FRESH VEGETABLES

- Salads - Shall be made with a non-mayonnaise base. When served as a side shall have a minimum volume of 4 oz.
- 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 Page 6, 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 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:
<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, 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 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.
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 Vendor 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 for the commercially packaged products may be allowed with prior approval from the IC.

MENU ITEM	MINIMUM AMOUNT	SPECIFICATIONS AND COMMENTS
PRIMARY AND SECONDARY MEAL		LUNCHES WILL INCLUDE 2 DIFFERENT ITEMS FROM THIS CATEGORY
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)		
Burrito/Chimichanga:	1 ea	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 with oz & Cal are either/or. *Items listed as each are standard serving size.		

MENU ITEM	MINIMUM AMOUNT	SPECIFICATIONS AND COMMENTS
VEGETARIAN MEAL OPTIONS		VEGETARIAN LUNCHESES WILL INCLUDE 2 DIFFERENT ITEMS FROM THIS
Burrito/Chimichanga:	1 ea/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.
Bean		
Rice and Cheese		
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:	8 oz	All salads will have vegetables, spices and variety.
Quinoa	8 oz	All salads will be made with a non-mayonnaise base (i.e. Italian dressing or olive oil)
Pasta	8 oz	When served as a main meal salads will be 8 oz servings
Couscous	8 oz	
Bean	8 oz	
Other		At the discretion of the Government
SALADS, WHOLE FRUITS AND VEGETABLES		LUNCHESES WILL INCLUDE 2 DIFFERENT ITEMS FROM THIS CATEGORY
SALADS		Shall be freshly made with Government approval
Quinoa	4 oz	All salads will have vegetables, spices and variety.
Pasta	4 oz	All salads will be made with a non-mayonnaise base (i.e. Italian dressing or olive oil)
Couscous	4 oz	When served as a side, salads will be 4 oz servings
Bean	4 oz	Whole grains when possible
WHOLE FRUIT		
Apples	100 Count	All chopped 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
*Items with oz & Cal are either/or.		*Items listed as each are standard serving size.

MENU ITEM	MINIMUM AMOUNT	SPECIFICATIONS AND COMMENTS
WHOLE VEGETABLES		
Carrots	1 Cup	All chopped or cut vegetables will be 1 cup non compacted portions
Sugar Snap Peas	1 Cup	
Celery	1 Cup	
Cucumber	1 Cup	
Baby Bell Peppers	1 Cup	
Avocado	1 Cup	
Other		Approved by the Government
ENERGYSNACKS		
LUNCHES WILL CONTAIN 6 DIFFERENT ITEMS FROM THIS CATEGORY		
Granola bar	1 ea	Nature Valley [™] or equal quality
Energy bar	1 ea	ProBar [™] , LUNA [™] , LARABAR [™] , odwalla [™] , Tigers Milk [™] , CLIF [™] , or equal quality
Trail mix	3 oz	
Candy bar	1 ea	Snickers [®] , Milky Way [®] , Butterfinger [®] , or equal quality
Beef or Turkey Jerky	2 oz	
Bagel	1 full or 2 minis	
Cheese	2 ea	Babybels [™] , or cheese stick
Crackers	1oz/130 Cal	Goldfish [™] or another non-crushable type
Nuts	1 oz	Almonds, Pistachios, or mixed variety
Sandwich Crackers	1oz/150 Cal	Peanut butter, cheddar, or other varieties
Muffin	3 oz	
Baked potato chips	1oz/160 Cal	Baked potato chips, tortilla chips, or similar variety
Fruit or vegetable squeeze pouch	3oz	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		Mt. Olive on the go picklePAKs, or equivalent
Fruit straps	2 ea	
Fruit bar	1 ea	
Single serving peanut butter pouch	1oz/200 Cal	
Pretzels	110 Cal	Plain or peanut butter flavored
Seeds	1 oz	Sunflower, pumpkin, or other varieties
Grahamcrackers		
Fig cookies		

*Items with oz & Cal are either/or.

*Items listed as each are standard serving size.

Sample Lunches

SAMPLE LUNCH #1		
Roast Beef on 7 Grain Bread		
Peanut butter and Jam on wheat bread		
Orange		
Pasta salad		
Babybel [®] cheese (2)		
Goldfish [®] crackers		
Snickers [®] candy bar		
Sunflower seeds		
Granola (loose)		
Non-Sugared dried apple rings		
Salt-Pepper-Salad dressing		
SAMPLE LUNCH #2		
Turkey/Provolone Cheese Sandwich		
Hard boiled eggs(2)		
Quinoa salad		
Apple		
Granola bar		
Beef Jerky		
Blueberry muffin		
Milky Way [®] candy bar		
Dill pickles		
Fruit straps		
Mayonnaise-Mustard-Salt-Pepper		

SAMPLE LUNCH #3-VEGETARIAN		
Peanut butter and jam on wheat		
Bean and cheese burrito		
Pear		
Mixed whole vegetables		
Trail mix		
String cheese (2)		
LARABAR [®]		
Oatmeal chocolate chip cookies		
Non-sugared dried cranberries		
Granola (loose)		
Tapatio [®] taco sauce		
SAMPLE LUNCH #4		
Pulled Chicken on Kaiser Roll		
Multi-meat (hoagie style) sandwich		
Bean Salad		
Sugar snap peas		
Sandwich crackers		
Applesauce squeeze pouch		
Bagel (2 minis)		
Baked potato chips		
Trail mix		
Granola bar		
Cream cheese		
Mayonnaise-Mustard		