

**Wildland Fire Fighter  
Meal Specifications**

**Breakfast**

Orders will specify hot or cold breakfast.

1) Hot Breakfast

- a) Eggs - 2 fresh eggs (3 when scrambled) or 6 oz. of liquid eggs (no egg product or powdered eggs)
- b) Meat - 4 oz. (raw weight)
- c) Bread – 1 to 1 ½ oz
- d) Pancakes, French Toast or Waffles or equivalent– 3 to 4 oz
- e) Potatoes - 6 oz. or equivalent starch
- f) Cooked Cereal - 6 oz
- g) Yogurt – minimum 4 oz

2) Cold Container Breakfasts

- a) Dry Cereal - 2 individual serving boxes, minimum of 3/4 oz. each.
- b) Breakfast Protein Item - One or more items with a combined weight of 8 oz.
- c) Milk - 1/2 pint.
- d) Bread or equivalent starch - 5 oz.
- e) Fresh (no apples or oranges) or Canned Fruit - 5½ oz.
- f) 100% Fruit Juice – minimum of 5½ oz.
- g) Yogurt – minimum of 4 oz.

3) Drink

- a) Milk - 1/2 pint
- b) Fresh or Canned Fruit - (no apples or oranges)
- c) Chilled 100% Fruit Juice – minimum 5½ oz
- d) Brewed coffee and hot water for hot and cold container breakfasts.

Condiments:

- i) Butter, margarine, instant hot cereal, jelly or jam, peanut butter, salt, pepper, sugar, cream (or substitute), tea and hot chocolate.

## Wildland Fire Fighter Meal Specifications

### Lunch

Shift Provisions/Sack Lunch:

1) Sandwich/ Wrap

- a. The sandwich/wrap shall contain a minimum of 1.5 oz. of bread or bread equivalent (two slices of bread or one tortilla).
- b. The meat sandwich/wrap as a whole shall contain a minimum of 3 oz. protein with a minimum of 2 oz. sliced whole muscle or variety meat and a minimum of 1 oz. cheese.
- c. The vegetarian sandwich/wrap shall contain two different non-meat proteins totaling a minimum of 3 oz. (no artificial cheese products).

Vegetarian Shift Provisions/Sack Lunches shall be prepared for the Ovo-Lacto vegetarian classification level and shall consist of the same quantities and items as regular Shift Provisions/Sack Lunches. Definition: Ovo-Lacto Vegetarian - This is the most common form of vegetarianism that do not eat meat, chicken, fish or flesh of any kind, but do eat eggs and dairy products.

2) Seven (7) shift provisions items one item from each category:

Category	Specifications	Examples
Food Bar	Ideal Nutrient Content: - 150 - 300 Calories - 15 - 30g carbohydrate - 10g protein	R Bar; Rx Bars; Kind Protein Bars, Clif bar, Nugo Bar, Tahoe Trail Bar, Premier Protein bar, Cliff Builders bar, Jimmy Protein bar, Kirkland Protein bar, NV Protein Chewy bar or Equivalent commercially prepared item.
Snack Bar	Must provide a minimum of the following: - 100 - 200 Calories - 25 - 30g carbohydrate	Kind Bars; Nutri-grain Bars; Nature Valley Bars, Nature valley Fruit and Nut Bars bar or Equivalent commercially prepared item.
Candy/Cookie/Desert	Must provide a minimum of the following: - 150 - 300 Calories - 15 - 30g carbohydrate	Candy Bars such as Snickers, Twix, Skittles; Grandma's Cookies; Lenny & Larry's The Complete Cookie bar or Equivalent commercially prepared item.
Chips/Pretzels/Crackers	Must provide a minimum of the following: - 100 - 250 Calories - 20 - 30g carbohydrate	Baked potato chips; Pretzels; Individual bags of crackers bar or Equivalent commercially prepared item.
Alternative Protein	Must provide a minimum of the following: - 50 - 200 Calories - > 5g protein	Tuna, beef or turkey jerky, hard-boiled eggs, roasted chickpeas, hummus, nut butters, bar or Equivalent commercially prepared item.
Nuts/Seeds/Trail Mix	Must provide a minimum of the following: - 200 - 300 Calories - < 25g carbohydrates - > 5g protein	Trail mix packets, almonds, cashews, peanuts, macadamia nuts, sunflower seeds bar or Equivalent commercially prepared item.
Trial Item	Must provide a minimum of the following: - 150 - 300 Calories - 15 - 30 g carbohydrate	May include a variety of food items and types including examples listed above and other miscellaneous items which meet specifications.

3) Three (3) Fruits & Vegetables, select 3 items from this category (to include at least one fruit and one vegetable).

## Wildland Fire Fighter Meal Specifications

a) Fresh Fruit - Items listed with quantity needed to credit as a ½ cup serving minimum.

<b>Fruit Name</b>	<b>Minimum Size</b>	<b>Fruit Name</b>	<b>Minimum Size</b>
Apple	100 Count, 3 ½" diameter (1 apple)	Nectarine	88-96 count, 2" – 2 ¼" diameter (1 nectarine)
Apricot	Medium (16 per lb.), fresh (2 whole apricots)	Orange	138 count 2 ¾" to 3 ¼" diameter (1 orange)
Avocado	1 avocado	Peach	fresh, 80 count (1 peach)
Banana	150 count, 7" - 7 ⅞" (1 whole banana)	Pear	fresh, 150 count (1 pear)
Blueberries	Medium size (roughly 65 to 95 berries per ½ cup)	Plum	black/red, 2 inch diameter (1 plum)
Cherries	Fresh (14 cherries)	Raspberries	62 g or roughly 15 raspberries
Dates	3.5 oz. or roughly four pitted	Strawberries	Fresh, roughly 4 strawberries
Grapes	Fresh, seedless, (14 whole)	Tangerine	One large (2 ¾" diameter) or two small

b) Fresh Vegetables - Items listed with quantity needed to credit as a ½ cup serving minimum.

<b>Vegetable Name</b>	<b>Minimum Quantity</b>	<b>Vegetable Name</b>	<b>Minimum Quantity</b>
Broccoli florets	4-5 florets	Peas, Snap/Snow	7 whole pea pods.
Carrots	9 baby carrots – 2 inches length	Peppers, Bell	Equivalent to 1 whole bell pepper
Celery	6 – 3" sticks	Tomatoes, Cherry	6 cherry tomatoes
Cucumber	6 – 3" x ¾" sticks	Radishes	3 whole radishes

- 4) Condiments - Four individual factory-wrapped packets of condiments appropriate for the items being served.
- 5) Paper Napkin and Pre-Moistened Towelette - Two each.
- 6) Packaging- items are to be individually wrapped packed in heavy duty paper sack or equivalent (no Styrofoam), clearly stamped or labeled with vendor name and when sandwiches were prepared: i.e. "Prepared by ABC on mm/dd."

## **Wildland Fire Fighter Meal Specifications**

### **Dinner**

#### Hot Dinners

1) Primary entrée/hot dinners shall include the items and quantities identified below.

a) Whole/Full Muscle Meat (Raw Weight) cooked to well done

- Steak -10 oz. (boneless) or 14 oz. (bone-in), or
- Beef - 10 oz. (boneless) or 14 oz. (bone-in), or
- Beef and Pork Ribs - 10 oz. (boneless) or 18 oz. (bone-in), or
- Pork - 10 oz. (boneless) or 14 oz. (bone-in), or
- Lamb - 10 oz. (boneless) or 14 oz. (bone-in), or
- Poultry - 8 oz. (boneless) or 14 oz. (bone-in), or
- Ham - 8 oz. (boneless) or 12 oz. (bone-in), or
- Fish - 8 oz.
- Buffalo – 10 oz. (boneless) or 14 oz. (bone-in)

Vendor may elect to serve an entree such as lasagna or casseroles. However, these entrees must have a meat side dish which ensures the total meat quantity standard is met.

2) Second Entrée (Non Meat) – Shall contain 4 oz. or more of non-meat protein

3) Vegetables - 4 oz.

4) Potatoes - 6 oz. or equivalent starch

5) Bread - Two 1 to 1½ oz. slices or equivalent starch

6) Dessert - 4 oz.

7) Two Salads 4 oz. each

- a) One tossed green salad with equal amounts of three types' leafy vegetables with five fresh vegetable salad toppings and five types of salad dressings (regular and/or low/non-fat).
- b) One prepared salad (fruit, pasta, etc.)

8) Condiments

- a) Butter, margarine, jelly or jam, peanut butter, sugar, cream (or substitute), tea and hot chocolate. These items shall be individually packaged.
- b) Salsa, hot peppers, mustard, ketchup, steak sauce, salt, and pepper shall be provided in approved dispensers or original bottles in the dining tent area.

9) Beverages

- a) Brewed Coffee (regular and decaffeinated), Hot Water, Cold Drinks, Ice Tea, Milk - 1/2 pint

## **Wildland Fire Fighter Meal Specifications**

### **Menu Variety Options**

#### Menu Variety

The following are examples of variety options:

- (1) Meat
  - (i) Beef
    - Steaks - rib, loin, T-bone, New York, sirloin, filet and pepper steak
    - Roast - Prime rib, pot roast
    - Short Ribs
    - Ground Beef - meat loaf, meatballs and ground beef patties.
  - (ii) Pork
    - Chops - loin cut, spare-ribs, country style ribs
    - Roast – sirloin, loin, tenderloin, or pulled pork
    - Ham
    - Sausage – links or patties
    - Bacon
  - (iii) Lamb
    - Chops
    - Roast
  - (iv) Poultry
    - Whole pieces (such as breast, thigh or leg).
  - (v) Fish - fillets or steaks.
  - (vi) Processed Meat Items - pastrami, Polish/Italian sausage and corned beef.
  - (vii) Breakfast Meat - ham, bacon, sausage, steak and pork chops.
  - (viii) Buffalo – Roast and burger.
- (2) Eggs - Fried, hard-boiled, poached, omelets or scrambled.
- (3) Bread and Equivalent Starches – white, whole wheat, 7-grain, rye, pumpernickel, French, garlic, biscuits, muffins, rolls, croissants, bagels, donuts, cornbread, sourdough, tortilla, and pita pockets as requested by FDUL.
- (4) Breakfast Hot Starch - Pancakes, French Toast, Waffles or equivalent to include crepes, Mexican coquilles or quesadillas.
- (5) Dry Cereal - Varieties of flaked, toasted, or baked cold cereals and granola.
- (6) Hot Cereal - Oatmeal or grits, Cream of Wheat®.
- (7) Fresh Fruit - oranges, tangerines, apples, bananas, grapes, pears, peaches, plums, nectarines, grapefruit, or melons.
- (8) Fresh Vegetables - broccoli, cauliflower, asparagus, corn, peas, green beans, mixed vegetables.
- (9) Non-Meat Protein for Dinner- BBQ beans, vegetarian patty, vegetarian hot dog, Tofu, soybean product, tempeh, quinoa, hummus and assorted beans/legumes.
- (10) Potatoes and Equivalent Starches - baked, mashed, fried, boiled, scalloped, rice, stuffing, pasta, sweet potatoes, yams and macaroni and cheese.
- (11) Juice – 100% Juice: orange, tomato, grape, V8® type, apple, cranberry, or pineapple.
- (12) Sandwich/wrap Meat and/or Cheese - ham, corned beef, roast beef, turkey, pork, beef pastrami, chicken, salami, sausage, cheddar, Swiss, or other natural cheeses.

## **Wildland Fire Fighter Meal Specifications**

- (13) Vegetarian Sandwich/Wrap Equivalent– Peanut Butter, hummus, quinoa, cheese, beans, vegetarian patty, tofu entrees, and bean burritos.
- (14) Salad Bar -
  - (i) Fresh Salad Toppings - carrots, mushrooms, celery, onions, cauliflower, sweet bell peppers, broccoli, beets, peas, tomatoes, cucumbers, squash, avocado.
  - (ii) Other Salad Toppings – black, kidney, garbanzo or pinto beans; cheese, cottage cheese, eggs.
  - (ii) Prepared Salads - macaroni, carrot and raisin, potato, pea, coleslaw, fruit, rice or pasta salads.
  - (iii) Tossed Salad Greens - romaine, endive, iceberg, green leaf, red leaf, butter, spinach, or cabbage.
  - (iv) Fresh Fruit - melons, peaches, grapes, bananas, strawberries, pears, or seasonal fruit.
  - (v) Salad Dressings - regular and low/non-fat French, Ranch, Italian, Vinaigrette, Thousand Island, Blue Cheese or other acceptable varieties.
  - (vi) Salad Condiments - croutons, wheat nuts, sunflower seeds, pumpkin seeds, crackers and taco chips, bread sticks, olives, pickles, or other fresh pickled or marinated vegetables.
- (15) Dessert - cakes, cookies, pies, cobblers, puddings, pastries or ice cream.
- (16) Tea - black, herbal, green, and spiced. Flavored tea may be served in addition to regular tea at the Contractor's option.
- (17) Milk - white, (Whole, 2%, Skim, Rice, Almond, Soy), and Chocolate.
- (18) Snack Varieties – Granola bar, Energy bar, Trail mix, Candy, Beef or Turkey Jerky or Sticks, Bagel, Crackers, Nuts, Sandwich Crackers, Chips, Fruit or Vegetable Squeeze Pouch, Dried Fruit, Granola, Dill Pickle Pack, Fruit Straps, Fruit Bars, Single Serving Peanut Butter Pouch, Pretzels, Seeds, Graham Crackers, Cookies, Cheese. **Processed cheese and cheese food products are allowed for this item only.** The Government retains its full right to reject any product offered under this paragraph if the quality of the product is rejected by users.