

Go for Green® Guidelines: Breakfast Bowl Bar



Overview

Specialty bars are an excellent way to increase variety on or beyond what's offered on the Main/Hotline. When creating a Breakfast Bowl Bar, consider the following performance-minded guidelines to help you meet the Go for Green® (G4G) Menu Coding Goals.

Offering a Breakfast Bowl Bar provides a larger variety of options when updating or expanding your breakfast menu. A Breakfast Bowl Bar is a great way to serve more vegetables, plant-based proteins, and healthy fats at breakfast. Diners are likely familiar with the “build your own bowl or plate” concept from popular commercial establishments, but certain breakfast offerings—such as savory oatmeal, quinoa, grilled chicken, or beans—might be new to them. Using “Featured Meal” signs that provide suggestions and instructions for “how to build a bowl” can help show diners how to build a high-performance meal using non-traditional American breakfast items.

Breakfast bowls can be offered as part of the Mainline or as a specialty bar. Many of the same menu designs and layouts can apply to either set-up. When offering breakfast bowls on the Mainline, direct diners to other stations (Breakfast/Fitness/Cold Bar or eggs-to-order station) for additional toppings that the Mainline might not be able to offer.

A breakfast bowl-themed specialty bar can provide more options for diners to mix and match menu items to create a customized meal. This station can be self-serve or an “action station” where diners can create their own meal by selecting from the options on the line. The server walks down the serving line with the diner and creates their meal behind the counter. Another way to offer these menu items is to create pre-made bowls with different combinations of bases, protein, vegetables, toppings, and sauces. Bowls are also excellent to-go or takeout options for Grab ‘n Go offerings (see section 5: Grab ‘n Go Options).

Your dining-facility staff influences what Military Service Members choose to eat through what your facility serves as well as where your staff places menu items. Featuring Green-coded menu items in prominent places and educating diners on how to create healthy meals encourages them to choose Green- and Yellow-coded options over Red-coded ones. Your staff can encourage diners to be creative and design their own meals with different Green-coded items throughout the dining facility.

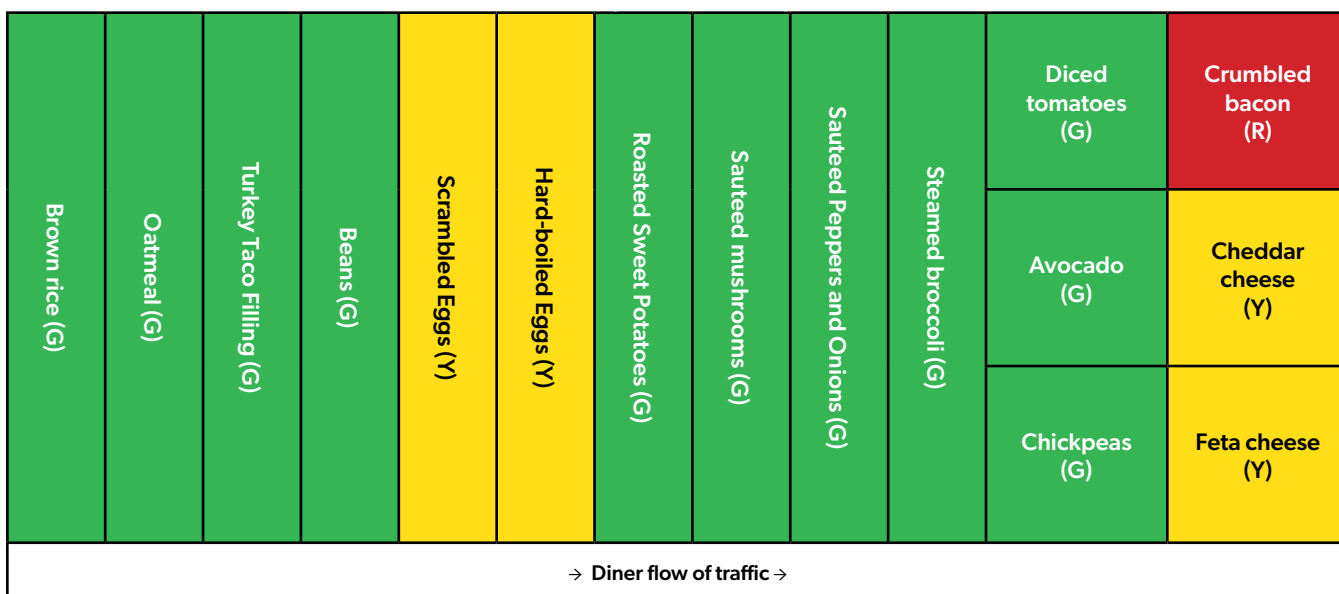
G4G Menu Coding Goals for Dining Facilities

The G4G Menu Coding Goals can be found at <https://www.hprc-online.org/nutrition/go-green/g4g-getting-started/implementation/program-requirements/program-requirements-4>.

- ▶ At least one entrée and one side per meal on all specialty bars must be Green-coded.
- ▶ At least 50% of choices should be Green- and/or Yellow-coded prior to diner-added toppings.

1 FOOD PLACEMENT/SETUP

- ▶ The diagram below shows one possible way to present the Breakfast Bowl Bar according to Go for Green® guidance. Use the equipment you have on hand to mimic these ideas. Consider low-cost changes and moving equipment within the dining facility/galley when feasible.
- ▶ Change some of the offerings served each day to provide a wider variety of foods across the menu cycle.
- ▶ For each category, place Green-coded items on the line first before the Yellow- and Red-coded options to encourage diners to make healthier choices.
- ▶ When possible, place Green-coded items closer to diners, requiring them to reach further for the Yellow- and Red-coded options.
- ▶ When applicable, place Red-coded options in smaller pans and pair them with smaller serving utensils to better enforce proper serving size.



2 FOOD ITEMS

- ▶ Place items to be used as “bases” first on the line.
 - Bases such as brown rice, oatmeal, quinoa, mixed greens, roasted vegetables, and grits are versatile and pair well with any toppings.
- ▶ Prepare lean protein options such as hard-boiled eggs, seasoned ground turkey, grilled chicken, tuna, and beans.
 - Use leftovers from lunch and dinner for protein options!
- ▶ Offer flavorful Green- and Yellow-coded vegetables as toppings for a complete meal.
- ▶ Offer condiments such as hot sauce, red pepper flakes, garlic, vinegars, nuts, seeds, salsas, herbs, spices, and parmesan cheese on or near the line for diners to enhance their meals.

3 FEATURED MEAL

- ▶ Create a Green-coded “Featured Bowl” to encourage diners to try new or different combinations. Diners will take your advice!
- ▶ The display for your “Featured Bowl” should include a sign with:
 - Bowl name
 - Ingredient list
 - Directions—much like a recipe—to “build your own meal” for self-serve operations
- ▶ Within 6 months of launching G4G, work towards displaying a photo of the “Featured Meal” or an actual plated meal.
- ▶ “Featured Bowl” ideas (entrée-size portions):
 - Spicy Southwest Oatmeal Bowl: $\frac{3}{4}$ cup oatmeal + red pepper flakes + $\frac{1}{4}$ cup black beans + 2 Tbsp avocado + 2 Tbsp salsa
 - Italian Rice Bowl: $\frac{3}{4}$ cup white rice + $\frac{1}{4}$ cup turkey meat sauce + $\frac{1}{4}$ cup steamed or roasted broccoli + 2 Tbsp parmesan cheese
 - Deconstructed Taco Bowl: $\frac{3}{4}$ cup rice + $\frac{1}{4}$ cup Turkey Taco Filling + 2 Tbsp diced tomatoes + 1 Tbsp cheese + hot sauce
 - Power Bowl: $\frac{3}{4}$ cup quinoa + $\frac{1}{2}$ cup spinach + $\frac{1}{4}$ cup avocado + 1 hardboiled egg + $\frac{1}{4}$ cup Roasted Sweet Potatoes + red wine vinegar
 - Cheesy Grits and Egg Bowl: $\frac{3}{4}$ cup grits + 2 Tbsp cheese + granulated garlic + $\frac{1}{2}$ cup scrambled eggs + $\frac{1}{2}$ cup roasted vegetables
 - Breakfast BLT bowl: 2 cups spinach + 1 hard-boiled egg + $\frac{1}{4}$ cup diced tomatoes + 2 Tbsp crumbled bacon
 - Mediterranean Rice Bowl: $\frac{3}{4}$ cup brown rice + $\frac{1}{4}$ cup chickpeas + 2 Tbsp diced tomatoes + 1 Tbsp feta cheese + white wine vinegar or balsamic vinegar + fried egg (optional)

4 BEST PRACTICES & INNOVATIONS

Use these best practices from commercial and military establishments as inspiration for building your Breakfast Bowl Bar.



5 GRAB ‘N GO OPTIONS

The Breakfast Bowl Bar concept is a great way to expand takeout and to-go options for busy diners or during limited facility operations. Pre-made bowls with different combinations of bases, protein, vegetables, toppings, and sauces are excellent choices for takeout or Grab ‘n Go. Flavor combinations can be rotated or follow themes (Mexican, Italian, Asian, Mediterranean, etc.). You can make bowls with traditional breakfast foods or be creative with new items and flavors.

When making bowls for Grab ‘n Go offerings, use menu items that will travel well while offering the diner a complete, all-in-one meal. However, some garnishes might need to be packaged separately to maintain optimal texture. Clearly label to-go containers with meal name and contents so diners can make their choices quickly and easily. Whenever possible, give meals an appealing name that describes the flavors and ingredients in each bowl (for example, “Spicy Southwest Oatmeal Bowl”).

Use these general guidelines for portioning and packaging Grab ‘n Go meals:

- ▶ $\frac{1}{2}$ – $\frac{3}{4}$ cup rice, quinoa, legumes, potatoes, pasta, or other starch/grain
 - Or 2 cups greens for salad-based bowls
 - Or $\frac{3}{4}$ cup roasted vegetables

- ▶ 2–4 oz protein (plant- or animal-based)
- ▶ ¾ cup mostly non-starchy vegetables (if not used for a base)
- ▶ 1–2 Tbsp each of garnishes (sauce, nuts, herbs, seeds, fruit, cheese, etc.)

For more ideas on to-go offerings, see Go for Green® Guidelines: Grab ‘n Go: <https://www.hprc-online.org/nutrition/go-green/g4g-getting-started/menus-and-guidelines>.

Suggested Breakfast Bowl Bar items to help meet Go for Green® Menu Coding Goals

Use the following menu items and recipes to build and modify your Breakfast Bowl Bar to increase the number of Green-coded options and to maintain diner interest.

Listed by type: Bowls, base, protein, vegetables, and condiments.

Bar Item	G4G Color Code	G4G Sodium Code	AFRS Recipe Number*
Bowls			
Peanut Butter & Jelly Quinoa Bowl	Green	Low	E-329-00
Berries & Cream Quinoa Bowl	Yellow	Low	E-328-00
Base			
Brown Rice	Green	Low	E-005-55
Hot Oatmeal	Green	Low	E-001-00
Overnight Oatmeal	Green	Low	E-305-00
Quinoa	Green	Low	E-323-00
Spinach, fresh	Green	Low	—
Mixed greens, fresh	Green	Low	—
Barley	Green	Moderate	E-324-00
White Rice	Yellow	Low	E-005-50
Jalapeño Rice	Yellow	Low	E-316-00
Hominy Grits	Yellow	Low	E-001-01
Protein			
Chicken, diced or shredded	Green	Low	Assorted
Beans, canned, drained, rinsed (black, pinto, chickpeas, kidney, etc.)	Green	Low	—
Southwestern Baked Beans	Green	Low	Q-330-00

Bar Item	G4G Color Code	G4G Sodium Code	AFRS Recipe Number*
Herb Baked Cod	Green	Moderate	L-119-04
Meat Sauce (Turkey)	Green	Moderate	O-314-01
Chili con Carne	Green	Moderate	L-028-00
Boston Baked Beans (with pork)	Green	Moderate	Q-003-00
Italian-Style Baked Beans	Green	Moderate	Q-004-00
Refried Beans	Green	Moderate	Q-038-01
Southwestern Scramble (Tofu)	Green	Moderate	F-307-00
Boiled Shrimp	Green	High	L-127-50
Southwest Shrimp	Green	High	L-302-00
Eggs, hard-boiled	Yellow	Low	F-004-00
Eggs, scrambled	Yellow	Low	F-010-00
Eggs, fried	Yellow	Low	F-007-00
Turkey Taco Filling	Yellow	Moderate	L-034-01
Beef Taco Filling	Yellow	Moderate	L-034-00
Meat Sauce (Beef)	Yellow	Moderate	O-314-00
Baked Ham, diced	Yellow	High	L-069-00
Creole Shrimp	Yellow	High	L-136-00
Turkey sausage, diced or sliced	Yellow or Red	Low	Assorted
Pork sausage, diced or sliced	Red	Moderate	Assorted
Bacon, crumbled	Red	Moderate	Assorted
Vegetables <i>(most recipes available using fresh or frozen vegetables)</i>			
Steamed Cauliflower	Green	Low	Q-109-50 Q-109-52
Steamed Broccoli	Green	Low	Q-105-00 Q-105-02
Steamed Carrots	Green	Low	Q-108-53 Q-108-54
Cottage Fried Potatoes	Green	Low	Q-046-01

Bar Item	G4G Color Code	G4G Sodium Code	AFRS Recipe Number*
Sautéed Peppers and Onions	Green	Low	Q-320-00
Tomatoes, diced	Green	Low	—
Cucumbers, diced	Green	Low	—
Roasted Brussels Sprouts	Green	Moderate	Q-106-50 Q-106-51
Roasted Cauliflower	Green	Moderate	Q-109-51 Q-109-53
Roasted Summer Squash	Green	Moderate	Q-122-50
Roasted Zucchini	Green	Moderate	Q-122-52 Q-122-53
Roasted Broccoli	Green	Moderate	Q-315-00 Q-315-01
Roasted Sweet Potato Wedges	Green	Moderate	Q-305-00
Sweet Potato Home Fries	Green	Moderate	Q-318-00
Sweet Potato Hash	Green	Moderate	Q-336-00
Shakshuka	Green	Moderate	O-327-00
Sautéed Broccoli with White Beans	Green	Moderate	Q-350-01
Roasted Bell Peppers	Green	Moderate	Q-311-00
Roasted Eggplant	Green	Moderate	Q-312-00
Roasted Carrots	Green	High Moderate	Q-108-50 Q-108-51
Sautéed Garlic Spinach	Green	High	Q-306-00
Sautéed Mushrooms and Onions	Green	High	Q-030-01
Corn and Potato Hash	Green	High	Q-333-00
Condiments			
Fresh fruit	Green	—	—
Avocado	Green	Low	—
Guacamole	Green	Low	B-308-00
Hot sauce	Green	Low	—
Salsa, red or green	Green	Low	—

Bar Item	G4G Color Code	G4G Sodium Code	AFRS Recipe Number*
Pico de Gallo	Green	Low	O-337-00
Tropical Fruit Salsa (RTU)	Green	Low	O-030-02
Yogurt, Greek, nonfat	Green	Low	—
Buffalo sauce	Green	Low	—
Crushed red pepper flakes	Green	Low	—
Garlic, granulated	Green	Low	—
Juice (lemon or lime)	Green	Low	—
Vinegars (assorted)	Green	Low	—
Herbs and spices (assorted)	Green	Low	—
Parmesan cheese	Yellow	Low	—
Cheddar cheese	Yellow	Low	—
Feta cheese	Yellow	Low	—

* AFRS recipes can be found on the G4G web page: <https://www.hprc-online.org/nutrition/go-green/g4g-getting-started/recipes>

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