



Womack Army Medical Center Blue Ribbon Bistro Meal Card Holder Program



The Blue Ribbon Bistro and Grab N Go will accept a common access card (CAC) with the appropriate meal entitlement code (MEC) or a paper copy of your orders stating your entitlement to subsist for verification.

If you do not have either of the above, a current paper meal card (DD Form 714) with your CAC for identification is accepted until your unit can input the MEC on your CAC. If you have none of the above, please speak to a manager to assist.

On the back of this paper is a list of items available on your entitlement. Any additional items will need to be purchased at the expense of the Soldier in order to stay within reimbursement rates. Because we are an a la carte facility, we are not able to offer second portions.

Please speak to a manager if you have any questions or concerns.

Thank you,
Nutrition Care Services



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Beverages (Select 2)

Milk / Soy Milk / Lactaid
Coffee / Cocoa

Bottled Water
Soda

Fruit Juice *limit 1 bottle per meal
Hot Tea

Breakfast

Proteins (Select 2)

- 1 scoop scrambled eggs
- 2 boiled eggs
- 2 slices of bacon
- 1 sausage patty (pork or turkey)
- 1 sausage link
- 1 serving sausage gravy

Starches / Fruit / Dairy (Select 4)

- 1 biscuit, bagel [or] English muffin
- 1 hash brown [or] diced potatoes
- 1 ready to eat cereal packet/hot
- 1 packaged yogurt [or] 2 cheese sticks
- 1 cottage cheese
- 1 fresh fruit [or] canned fruit cup

Lunch/Dinner

Proteins (Select 1)

- 1 main line entree
- 1 large entrée salad

Starches / Fruit / Dairy (Select 4)

- 1 main line side (vegetables, starches, breads)
- 1 small side salad
- 1 packaged yogurt or 2 cheese sticks
- 1 fresh fruit/canned fruit cup

Dessert (Select 1)

- 1 Jello, cake, pie, pudding [or] ice cream
- 1 Packaged item, granola bar, cookies

Grab N Go

- 1 Breakfast [or] Short Order Sandwich (1 protein + 1 Starch/Fruit/Dairy)
- 1 Wrap [or] Deli Sandwich (1 Protein + 2 Starch/Fruit/Dairy)
- 1 Small Bite (2 Proteins + 2 Starch/Fruit/Dairy)
- 1 Yogurt [or] Cottage Cheese Small Bite (1 Protein + 3 Starch/Fruit/Dairy)
- 1 Grape & Cheese Cup (2 Starch/Fruit/Dairy)