



Whitside DFAC Meal Prep Order Form

All meals come with yogurt, Fresh Fruit, Beverage, and dessert

Options

Choose up to fourteen meals by inserting the requested number in the box, meals must be paid for when submitting order: Standard meal rate: \$7.00 per meal. MEC signs DA Form 3032

- 1) Grilled Fish with Quinoa and Fresh Mixed Vegetables
- 2) Steak Burrito Bowl
- 3) Baja Chicken and Zucchini Pasta
- 4) Grilled Vegetables with Kidney Beans and Brown Rice

Request due no later than (NLT)
every first day of the week.

Meals will be ready for pick up
**seven days after
submission from 0730-1800**

Orders not picked up **after 48
hours will be discarded.**

Orders not picked up will **not** be
eligible for reimbursement

Beverage choices

- Apple Juice
- Gatorade
- White milk
- Chocolate Milk

Dessert Option

- Chocolate Chip Cookies
- Rice Krispy treat

Last Name	_____
First Name	_____
DODID	_____
Contact Number	_____
Unit	_____

Comments:

If using an Internet Browser or mobile device please save the form and e-mail it to:
1DSB.WhitsideWarriorRestaurant@army.mil



Meal Prep Ordering How To

The MPP is designed to facilitate the voluntary adoption of healthy eating and other nutrition-related behaviors conducive to the health and well-being of our Warfighters.



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UNCLASSIFIED

Step 1. Scan QR code/ or Follow the Link.

Step 2. Fill in the form with your required meal (up to 14 meals for a week).

Step 3. Submit Form to

1DSB.WhitsideWarriorRestaurant@army.mil or click submit if using a government computer.

Step 4. Ensure you receive a confirmed email.

Step 5. NLT 48hrs after form submission payment to Whitside DFAC must be processed.

Step 5a. Payment processing by cash: can be accepted anytime during the day (0730-1800). Payment processing by card payment can only be accepted during the approved lunch period to ensure you are charged accurately.

Step 5b. Meal card Holders can either stop by the Whitside DFAC anytime during the day (0730-1800) to sign for their requested meals or submit their request online with a 1SG or Commander signature.

Step 6. Pick up your request meals in 7 days.

