

Summer Food Service Program Meal Pattern Requirements

SUMMER FOOD SERVICE PROGRAM MEAL PATTERN FOR CHILDREN

SELECT THE APPROPRIATE COMPONENTS FOR A REIMBURSABLE MEAL

| FOOD COMPONENTS AND FOOD ITEMS | BREAKFAST Serve all three | LUNCH OR SUPPER Serve all four | SNACK Serve two of the four |
|---|---|--|--|
| Milk | Required | Required | |
| Fluid milk | 1 cup ¹ (½ pint, 8 fluid ounces) ² | 1 cup (½ pint, 8 fluid ounces) ³ | 1 cup (½ pint, 8 fluid ounces) ² |
| Vegetables and Fruits - Equivalent quantity of any combination of... | Required | Required | |
| Vegetable or fruit or | ½ cup | ¾ cup total ⁴ | ¾ cup |
| Full-strength vegetable or fruit juice ⁵ | ½ cup (4 fluid ounces)=50% ⁵ | | ¾ cup (6 fluid ounces) ⁶ |
| Grains/Breads⁷ - Equivalent quantity of any combination of... | Required | Required | |
| Bread or | 1 slice | 1 slice | 1 slice |
| Cornbread, biscuits, rolls, muffins, etc or | 1 serving ⁸ | 1 serving ⁸ | 1 serving ⁸ |
| Cold dry cereal or | ¾ cup or 1 ounce ⁹ | | ¾ cup or 1 ounce ⁹ |
| Cooked cereal or cereal grains or | ½ cup | ½ cup | ½ cup |
| Cooked pasta or noodle products | ½ cup | ½ cup | ½ cup |
| Meat and Meat Alternates - Equivalent quantity of any combination of... | Optional | Required | |
| Lean meat or poultry or fish or | 1 ounce | 2 ounces | 1 ounce |
| Alternate protein products ¹⁰ or | 1 ounce | 2 ounces | 1 ounce |
| Cheese or | 1 ounce | 2 ounces | 1 ounce |
| Egg (large) or | ½ | 1 | ½ |
| Cooked dry beans or peas or | ¼ cup | ½ cup ² | ¼ cup ² |
| Peanut or other nut or seed butters or | 2 tablespoons | 4 tablespoons | 2 tablespoons |
| Nuts or seeds ¹¹ or | | 1 ounce=50% ¹² | 1 ounce |
| Yogurt ¹³ | 4 ounces or ½ cup | 8 ounces or 1 cup | 4 ounce or ½ cup |

Indicated endnotes can be found on the next page.

ENDNOTES

¹ For the purposes of the requirement outlined in this table, a cup means a standard measuring cup

² Served as a beverage or on cereal or used in part for each purpose

³ Served as a beverage

⁴ Serve two or more kinds of vegetable or fruits or a combination of both

⁵ Full strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement

⁶ Juice may not be served when milk is served as the only other component

⁷ Bread, pasta or noodle products, and cereal grains (such as rice, bulgur, or corn grits) shall be whole-grain or enriched. Cornbread, biscuits, rolls, muffins, etc., shall be made with whole-grain or enriched meal or flour. Cereal shall be whole-grain, enriched or fortified

⁸ Serving sizes and equivalents will be in guidance materials to be distributed by FNS to State agencies

⁹ Either volume (cup) or weight (ounces), whichever is less

¹⁰ Must meet the requirements of 7 CFR 225 Appendix A

¹¹ Tree nuts and seeds that may be used as meat alternate are listed in program guidance

¹² No more than 50 percent of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purposes of determining combinations, one ounce of nuts or seeds is equal to one ounce of cooked lean meat, poultry or fish

¹³ Plain or flavored, unsweetened or sweetened
