

Summer Food Service Program / Seamless Summer Option

Summer Food Service Program Meal Pattern

	BREAKFAST Serve 3 components; <i>meat/meat alternate</i> <i>optional</i>	LUNCH/SUPPER Serve all 4 components	SNACK Serve at least 2 components ⁶
MILK Fluid Milk	1 cup (8 fl. oz.)	1 cup (8 fl. oz.)	1 cup (8 fl. oz.)
VEGETABLES AND/OR FRUIT Vegetables and/or fruit or Full-strength vegetable or fruit juice ¹ or equivalent quantity of any combination of vegetable(s), fruit(s), and juice	½ cup ½ cup (4 fl. oz.)	¾ cup total ¾ cup (6 fl. oz.)	¾ cup ¾ cup (6 fl. oz.)
GRAINS & BREADS² Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal or Cooked pasta or noodle product or Cooked cereal or cereal grains or an equivalent quantity of any combination of grains/breads	1 slice 1 serving ¾ cup or 1 oz. ½ cup ½ cup	1 slice 1 serving ¾ cup or 1 oz. ½ cup ½ cup	1 slice 1 serving ¾ cup or 1 oz. ½ cup ½ cup
MEAT/MEAT ALTERNATE Lean meat, or poultry, or fish ³ or Cheese or Eggs or Cooked dry beans, or peas or Peanut butter or soy butter, or other nut or seed butters Peanuts or soy nuts or tree nuts or seeds or Yogurt or Any equivalent of any combination of the above meat/meat alternates	{ <i>optional</i> } 1 oz. 1 oz. 1 large egg ½ cup 2 tablespoons 1 oz. 4 oz. or ½ cup	2 oz. 2 oz. 1 large egg ½ cup 4 tablespoons 1 oz. ⁴ 8 oz. or 1 cup	1 oz. 1 oz. 1 large egg ¼ cup 2 tablespoons 1 oz. 4 oz. or ½ cup

SFSP Meal Pattern Foot Notes

1. Fruit or vegetable juice must be full-strength.
2. Breads and grains must be made from whole grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.
3. A serving consists of the edible portion of cooked lean meat or poultry or fish.
4. Nuts and seeds may only meet one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement.
5. Yogurt may be plain or flavored, unsweetened or sweetened.
6. Serve two food items. Each food item must be from a different component. Juice may not be served when milk is the only other component.