**Summer Food Service Program (SFSP)**

**SFSP Meals and Snacks**

**Breakfast Meal Pattern  
Select All Three Components for a Reimbursable Meal**

|  |  |  |
| --- | --- | --- |
| 1 milk | 1 cup | fluid milk |
| 1 fruit/vegetable | 1/2 cup | juice,1 and/or vegetable |
| 1 grains/bread2 | 1 slice  1 serving  3/4 cup  1/2 cup  1/2 cup | bread or  cornbread or biscuit or roll or muffin or  cold dry cereal or  hot cooked cereal or  pasta or noodles or grains |

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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.

**Lunch or Supper Meal Pattern  
Select All Four Components for a Reimbursable Meal**

|  |  |  |
| --- | --- | --- |
| 1 milk | 1 cup | fluid milk |
| 2 fruits/vegetables | 3/4 cup | juice,1 fruit and/or vegetable |
| 1 grains/bread2 | 1 slice  1 serving  1/2 cup  1/2 cup | bread or  cornbread or biscuit or roll or muffin or  hot cooked cereal or  pasta or noodles or grains |
| 1 meat/meat alternate | 2 oz.  2 oz.  2 oz.  1 large  1/2 cup  4 Tbsp.  1 oz.  8 oz. | lean meat or poultry or fish3 or  alternate protein product or  cheese or  egg or  cooked dry beans or peas or  peanut or other nut or seed butter or  nuts and/or seeds4 or  yogurt5 |

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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 meet only 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.

**Snack (Supplement) Meal Pattern  
Select Two of the Four Components for a Reimbursable Snack**

|  |  |  |
| --- | --- | --- |
| 1 milk | 1 cup | fluid milk |
| 1fruit/vegetable | 3/4 cup | juice,1 fruit and/or vegetable |
| 1 grains/bread2 | 1 slice  1 serving  3/4 cup  1/2 cup  1/2 cup | bread or  cornbread or biscuit or roll or muffin or  cold dry cereal or  hot cooked cereal or  pasta or noodles or grains |
| 1 meat/meat alternate | 1 oz.  1 oz.  1 oz.  1/2 large  1/4 cup  2 Tbsp.  1 oz.  4 oz. | lean meat or poultry or fish3 or  alternate protein product or  cheese or  egg or  cooked dry beans or peas or  peanut or other nut or seed butter or  nuts and/or seeds or  yogurt4 |

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1 Fruit or vegetable juice must be full-strength. Juice cannot be served when milk is the only other snack component.

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 Yogurt may be plain or flavored, unsweetened or sweetened

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