**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 slice1 serving3/4 cup1/2 cup1/2 cup | bread orcornbread or biscuit or roll or muffin orcold dry cereal orhot cooked cereal orpasta 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 slice1 serving1/2 cup1/2 cup | bread orcornbread or biscuit or roll or muffin orhot cooked cereal orpasta or noodles or grains |
| 1 meat/meat alternate | 2 oz.2 oz.2 oz.1 large1/2 cup4 Tbsp.1 oz.8 oz. | lean meat or poultry or fish3 oralternate protein product orcheese oregg orcooked dry beans or peas orpeanut or other nut or seed butter ornuts and/or seeds4 oryogurt5 |

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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 slice1 serving3/4 cup1/2 cup1/2 cup | bread orcornbread or biscuit or roll or muffin orcold dry cereal orhot cooked cereal orpasta or noodles or grains |
| 1 meat/meat alternate | 1 oz.1 oz.1 oz.1/2 large1/4 cup2 Tbsp.1 oz.4 oz. | lean meat or poultry or fish3 oralternate protein product orcheese oregg orcooked dry beans or peas orpeanut or other nut or seed butter ornuts and/or seeds oryogurt4 |

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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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