

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/Supper Serve all four | Snack Serve two of the four |
|---|---|---|---|
| Milk | Required | Required | |
| Fluid milk (whole, low-fat, or fat-free) | 1 cup (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 | ½ cup (4 fluid ounces) | ¾ cup ⁴ | ¾ cup (6 fluid ounces) ⁵ |
| Grains/Breads⁶ Equivalent quantity of any combination of: | Required | Required | |
| Bread or | 1 slice | 1 slice | 1 slice W |
| Cornbread, biscuits, rolls, muffins, etc. or | 1 serving | 1 serving | 1 serving |
| Cold dry cereal or | ¾ cup or 1 ounce ⁷ | | ¾ cup or 1 ounce ⁷ |
| 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 ⁸ 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 | ¼ cup |
| Peanut or other nut or seed butters or | 2 tablespoons | 4 tablespoons | 2 tablespoons |
| Nuts or seeds ⁹ or | | 1 ounce=50% ¹⁰ | 1 ounce |
| Yogurt ¹¹ | 4 ounces or ½ cup | 8 ounces or 1 cup | 4 ounce or ½ cup |

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

⁵ Juice may not be served when milk is served as the only other component.

⁶ 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.

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

⁷ Either volume (cup) or weight (ounces), whichever is less.

⁸ Must meet the requirements of 7 CFR 225 Appendix A.

⁹ Tree nuts and seeds that may be used as meat alternate are listed in Program guidance.

¹⁰ 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.

¹¹ Plain or flavored, unsweetened or sweetened.

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