

Summer Food Service Program

Meal Pattern

Summer Food Service Program Meal Pattern for Breakfast, Lunch, Supper, and Snack:

For the purposes of this table, a cup means a standard measuring cup.

Food Components	Minimum Required Serving Size		
	BREAKFAST	LUNCH/SUPPER	SNACK ¹
Fluid Milk (cups)	1 cup (8 fl. oz.) ²	1 cup (8 fl. oz.) ²	1 cup (8 fl. oz.) ²
Fruit/Vegetable - Including: • Vegetable(s) and/or fruit(s) • 100% full-strength juice • Any combination of fruit/vegetable/juice	½ cup (4 fl. oz.)	2 items required ¾ cup total ³	¾ cup (6 fl. oz.)
Grain/Bread⁴ - Including: • Bread • Cornbread, rolls, muffins, biscuits, etc. • Cold, dry cereal • Cooked pasta or noodle product • Cooked cereal or cereal grains • An equivalent quantity of any combination of grains/breads	1 slice 1 serving ¾ cup or 1 oz ⁵ ½ cup ½ cup	1 slice 1 serving - ½ cup ½ cup	1 slice 1 serving ¾ cup or 1 oz ⁵ ½ cup ½ cup
Meat/Meat Alternate (MA) - Including: • Lean meat, poultry, fish⁶ • Alternate protein product⁷ • Cheese • Egg • Cooked dry beans, peas, or lentils • Peanut or other nut or seed butter • Nuts and/or seeds⁸ • Yogurt (<i>flavored or unflavored, sweetened or unsweetened</i>) • Any equivalent quantities of any combination of the above meat/MA	OPTIONAL 1 oz 1 oz 1 oz ½ large ¼ cup 2 Tbsp. 1 oz 4 oz or ½ cup	2 oz 2 oz 2 oz 1 large ½ cup 4 Tbsp. 2 oz 8 oz or 1 cup	1 oz 1 oz 1 oz ½ large ¼ cup 2 Tbsp. 1 oz 4 oz or ½ cup

¹ Serve two food items from two different components. Juice may not be served when milk is the only other component.

² Milk must be a beverage at lunch/supper. It may be served as a beverage or on cereal at breakfast and snack.

³ Serve two or more kinds of vegetable(s) and/or fruit(s) or a combination of both. Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement at lunch/supper.

⁴ Breads/grains must be made from whole-grain (WG) or enriched meal or flour. Cereal must be WG, enriched or fortified.

⁵ Either volume (cup) or weight (oz) whichever is less.

⁶ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁷ Must meet the requirements in Appendix A of CFR Part 225.

⁸ Nuts and seeds may credit for the entire meats/meat alternates component.