

Meal Pattern for SFSP (Simplified)

Summer Food Service Program

Simplified SFSP Meal Pattern for Breakfast, Lunch, Supper, & Snack:

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

COMPONENTS	BREAKFAST	LUNCH & SUPPER	SNACK
Fluid Milk (cups)	1 cup (8 fl. oz.) ²	1 cup (8 fl. oz.) ³	1 cup (8 fl. oz.) ²
Vegetable and/or Fruits INCLUDING: <ul style="list-style-type: none"> Vegetable(s) and/or fruit(s) 100% Full-Strength Juice Any combination of vegetable(s), fruit(s), and juice 	½ cup (4 fl. oz.)	¾ cup total ⁴	¾ cup (6 fl. oz.)
Grains/Breads⁵ INCLUDING: <ul style="list-style-type: none"> Bread Cornbread, rolls, muffins, or biscuits, etc. Cold dry cereal Cooked pasta or noodle product Cooked cereal or cereal grains or an equivalent quantity of any combination of grains/breads 	1 slice 1 serving ¾ cup or 1 oz ⁶ ½ cup ½ cup	1 slice 1 serving ½ cup ½ cup	1 slice 1 serving ¾ cup or 1 oz ⁶ ½ cup ½ cup
Meat or Meat Alternates INCLUDING: <ul style="list-style-type: none"> Lean meat, poultry, fish or alternate protein product⁷ Cheese Egg Cooked dry beans or peas Peanut butter, soy nut butter or other nut or seed butters Peanuts, soy nuts, tree nuts or seeds Yogurt, plain or flavored, unsweetened or sweetened Any equivalent quantities of any combination of the above meat/meat alternates 	OPTIONAL: 1 oz 1 oz ½ large egg ¼ cup 2 Tbsp 1 oz 4 oz or ½ cup 4 oz or ½ cup	 2 oz 2 oz 1 large egg ½ cup 4 Tbsp 1 oz = 50% 8 oz or 1 cup ⁸ 8 oz or 1 cup	1 oz 1 oz ½ large egg ¼ cup 2 Tbsp 1 oz 4 oz or ½ cup 4 oz or ½ cup

¹ Serve two food items. Each food item must be from a different food component. Juice may not be served when milk is served as the only other component.

² Milk should be served as a beverage or on cereal or used in part for each purpose.

³ Must be served as a beverage.

⁴ 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.

⁵ All grain/bread items must be whole-grain or made with enriched or whole-grain meal or flour; cereal must be whole-grain, enriched or fortified.

⁶ Either volume (cup) or weight (oz) whichever is less.

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

⁸ 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. When determining combinations, 1 oz of nuts or seeds is equal to 1 oz of cooked lean meat, poultry, or fish.