

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	Snack¹
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 total⁴	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 oz⁶ ½ cup ½ cup	1 slice 1 serving ½ cup ½ cup	1 slice 1 serving ¾ cup or 1 oz⁶ 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 8 oz or 1 cup 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.