Summer Food Service Program (SFSP) Meal Pattern

SUMMER FOOD SERVICE PROGRAM

SFSP Meal Pattern:

No Age/Grade groups

No Whole Grain requirement

No vegetable subgroups

No milk variety or type required

SFSP MEAL PATTERN

Simplified Summer Meal Pattern

Food Component	Breakfast (Select foods from all three required components)	Lunch or Supper (Select foods from all 4 of the required components)	Snack (Select 2 of the 4 components)
Milk	1 cup (8 fl oz)	1 cup (8 fl oz)	1 cup (8 fl oz)
Vegetables and/or Fruits	½ cup	¾ cup (must offer two items)	¾ cup
Grains and Breads			
Bread	1 slice	1 slice	1 slice
Roll, muffins, etc.	1 serving	1 serving	1 serving
Cold, dry cereal	¾ cup or 1 oz	¾ cup or 1 oz	¾ cup or 1 oz
Cooked pasta	½ cup	½ cup	½ cup
Cooked Cereal	½ cup	½ cup	½ cup
Meat/Meat Alternate	(Not required)		
Meat/Poultry/Fish	1 oz	2 oz	1 oz
Cheese	1 oz	2 oz	1 oz
Eggs	½ large egg	1 large egg	½ large egg
Alternate Protein	1 oz	2 oz	1 oz
Cooked dry beans or peas	¼ cup	½ cup	¼ cup
Peanut / Nut Butters	2 Tbsp	4 Tbsp	2 Tbsp
Nuts/Seeds	1 oz	1 oz (50% of serving)	1 oz
Yogurt	½ cup	1 cup	½ cup

MEAL PATTERN REQUIREMENTS

Grains:

- Required at breakfast and lunch/supper
- May be one of the two components of snack

	Breakfast	Lunch/Supper	Snack
Grains			
Bread	1 slice	1 slice	1 slice
Roll, Muffins, etc.	1 serving	1 serving	1 serving
Cold, dry cereal	¾ cup or 1 oz.	¾ cup or 1 oz.	¾ cup or 1 oz.
Cooked pasta	½ cup	½ cup	½ cup
Cooked cereal	½ cup	½ cup	½ cup

MEAL PATTERN REQUIREMENTS

Meat/Meat Alternatives:

- Optional for Breakfast
- Required at Lunch/Supper
- May be one of the two components of snack

	Breakfast	Lunch/Supper	Snack
Meat/Meat alt.	Not Required	Required	Not Required
Meat/Poultry/Fish	1 oz.	2 oz.	1 oz.
Cheese	1oz.	2 oz.	1oz.
Eggs	½ large egg	1 large egg	½ large egg
Alternate Protein	1 oz.	2 oz.	1 oz.
Cooked dry beans/peas	¼ cup	½ cup	¼ cup
Peanut/Nut Butter	2 Tbsp.	4Tbsp.	2 Tbsp.
Nuts/Seeds	1 oz.	1 oz. (50% of serv)	1 oz.
Yogurt	½ cup	1 cup	½ cup

MEAL PATTERN REQUIREMENT

Vegetables/Fruit:

- **REQUIRED** at breakfast and lunch/supper
- Must be two items at lunch/supper = total ¾ cup
- May be one of the two components at snack
- Minimum creditable serving = 1/8 cup
- If serving juice, 100% fruit/vegetable juice is required

MEAL PATTERN REQUIREMENTS

Milk:

- 8oz serving required at breakfast, lunch and supper
- May be one of the two components chosen for snack
- Allowable milk options:
  - ➤ Unflavored or flavored
  - ➤ Fat free, low-fat, reduced fat, whole
  - ➤ Lactose-reduced, lactose free

SNACK MEAL PATTERN REQUIREMENTS

Snack

- Choose 2 **DIFFERENT** components

  - 1 serving of milk

  - 1 serving of vegetable or fruit or 100% juice (all 1 component)

  - 1 serving of grain or bread

  - 1 serving of meat/meat alternate

  - Grain-based sweet snacks (cakes, cookies, etc.) may not be served more than twice in a five-day week or more than three times in a seven-day week.

OFFER VS SERVE

Allows children to decline item(s) at each meal

1 item at breakfast and 2 items at lunch and supper

Offer vs. Serve

Offer 4 items at breakfast; child must select **3** items	Offer 5 items at lunch and supper; child must select **3** items

BREAKFAST

BREAKFAST MEAL PATTERN

MUST OFFER 3 COMPONENTS

- Grain
- Fruit/Vegetable
- Fluid Milk

Breakfast Meal Pattern: 3 Required Components

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/bread [2]	1 slice	bread or
	1 serving	cornbread or biscuit or roll or muffin or
	3/4 cup	cold dry cereal or
	1/2 cup	hot cooked cereal or
	1/2 cup	pasta 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.

- Must offer 4 food Items

  - 1 serving of fruit/vegetable
  - 1 serving of bread/bread alternative
  - 1 serving fluid milk
  - 1 additional serving of:
    - Fruit/Vegetable
    - Bread/Bread alternative
    - Meat/Meat alternative

Students must select 3 out of 4 items

*All items offered must be different from each other

OFFER vs. SERVE BREAKFAST

OFFER VS SERVE BREAKFAST EXAMPLE

4 food items offered

3 food items selected

Reimbursable

# OFFER VS. SERVE BREAKFAST EXAMPLE

4 food items offered

2 food items selected

Non-Reimbursable

OFFER VS. SERVE BREAKFAST EXAMPLE

4 food items offered
(English muffin, egg, juice, milk)

3 food items selected

■ Brea   s

Reimbursable

OFFER VS. SERVE BREAKFAST EXAMPLE

4 food items offered

breakfast FOODS

2 food items selected

Non-Reimbursable

OFFER VS. SERVE BREAKFAST EXAMPLES
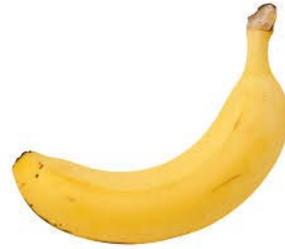
4 food items offered

2 food items selected

Non-Reimbursable

LUNCH

LUNCH MEAL PATTERN

MUST OFFER 5 COMPONENTS

Grain

Meat/Meat Alternate

Fruit/Vegetable (2 servings)

Fluid Milk

STUDENT MUST SELECT 3 COMPONENTS
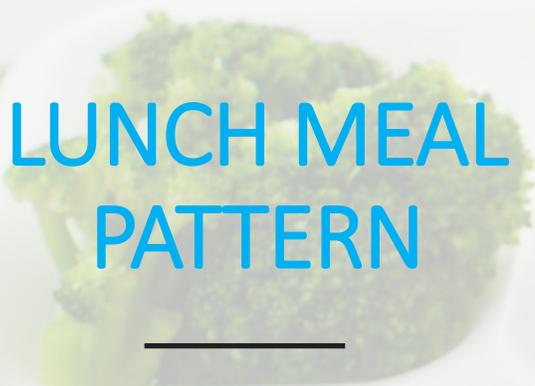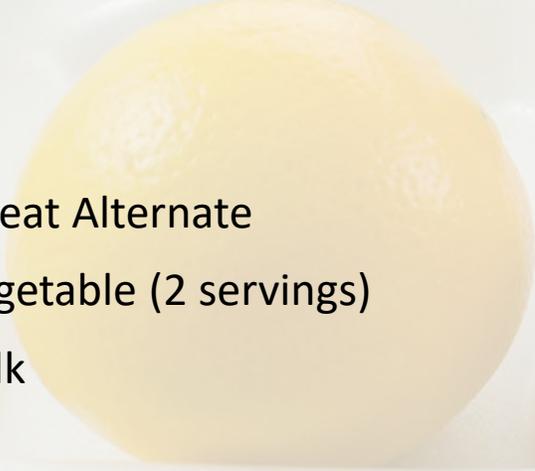
Lunch Meal Pattern: 5 Components

1 milk	1 cup	fluid milk
2 fruits/vegetables	3/4 cup	juice,[1] fruit and/or vegetable
1 grains/bread[2]	1 slice	bread or
	1 serving	cornbread or biscuit or roll or muffin or
	1/2 cup	hot cooked cereal or
	1/2 cup	pasta or noodles or grains
1 meat/meat alternate	2 oz.	lean meat or poultry or fish [3] or
	2 oz.	alternate protein product or
	2 oz.	cheese or
	1 large	egg or
	1/2 cup	cooked dry beans or peas or
	4 Tbsp.	peanut or other nut or seed butter or
	1 oz.	nuts and/or seeds4 or
	8 oz.	yogurt [5]
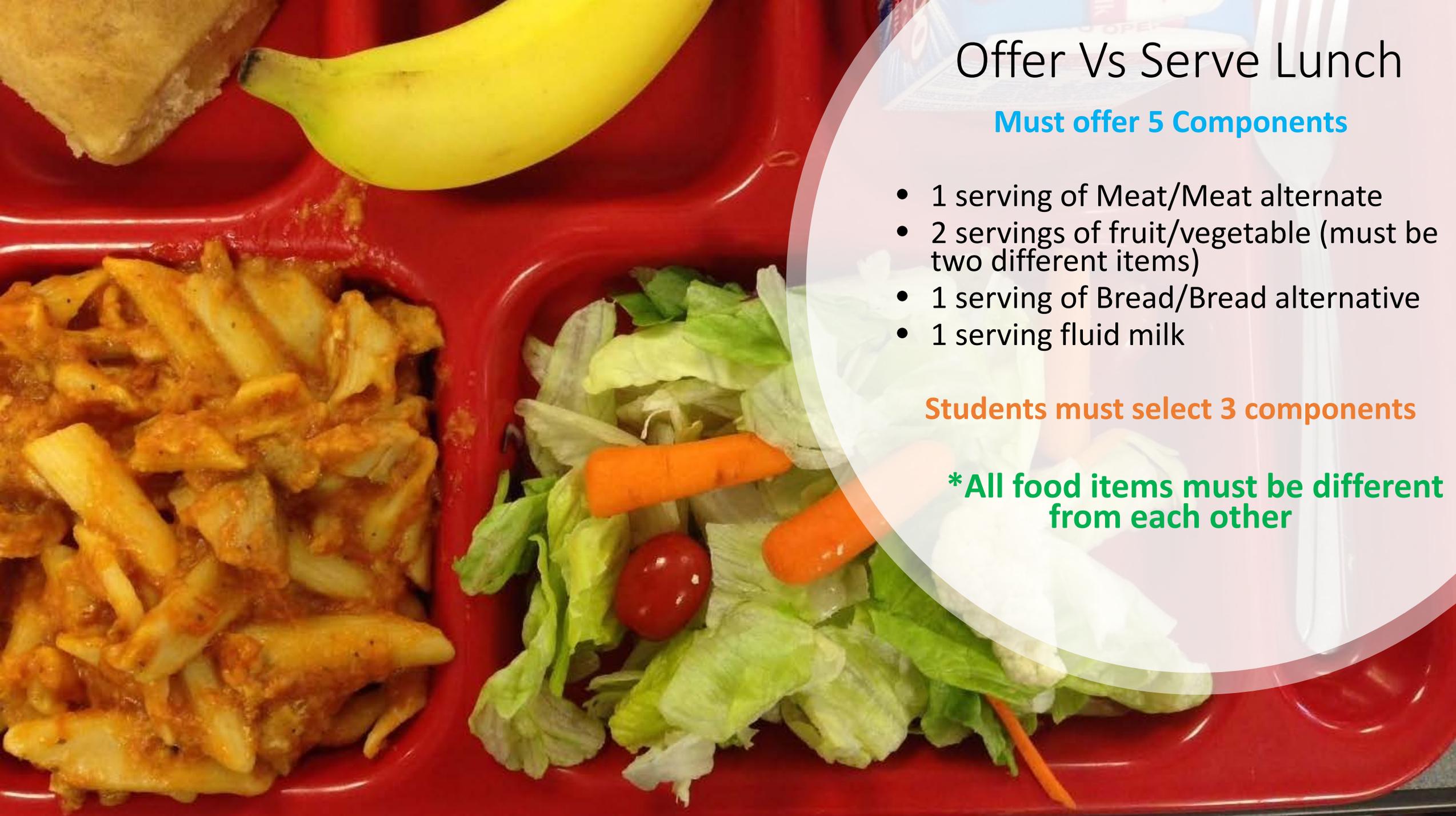
Offer Vs Serve Lunch

Must offer 5 Components

- 1 serving of Meat/Meat alternate
- 2 servings of fruit/vegetable (must be two different items)
- 1 serving of Bread/Bread alternative
- 1 serving fluid milk

Students must select 3 components

*All food items must be different from each other

OFFER VS. SERVE LUNCH EXAMPLES

5 components offered

- Lunch f

3 components selected

Reimbursable

*Chicken Nuggets has a CN label/Product Formulation Statement documenting that it credits as a serving grain and meat/meat alternate.

OFFER VS SERVE LUNCH EXAMPLES

5 components offered

3 components selected

Reimbursable

OFFER VS. SERVE LUNCH EXAMPLE
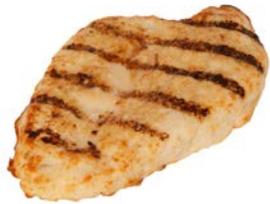
5 components offered

3 components selected

Reimbursable

OFFER VS. SERVE LUNCH EXAMPLES

5 components offered

3 components selected

Reimbursable

OFFER VS. SERVE LUNCH EXAMPLES

5 components offered
(Pizza has CN label showing 1 slice is the equivalent of 1 serving of grain and 2 oz m/ma)

3 components selected

Reimbursable

OFFER VS. SERVE FOR LUNCH EXAMPLE

5 components offered

Breakfast for Lunch Day

3 components selected

Reimbursable

OFFER VS SERVE LUNCH EXAMPLE

5 components offered

2 components selected

Non-Reimbursable

SNACK

SNACK EXAMPLES:
MUST TAKE BOTH ITEMS, NO OVS

Carrots Cheese Stick	Hummus Carrots	Apple Pretzels
Muffin Milk	Milk Yogurt	Orange Crackers
Strawberries Pretzels	Applesauce Graham Crackers	100% Apple Juice Biscuit

QUESTIONS

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