

SFSP§225.16 Meal Service Requirement

Breakfast Meal Pattern

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 c	old dry cereal or
	1/2 cup	hot cooked cereal or
	1/2 cup	pasta or noodles or grains

Lunch or Supper Meal Pattern

Select All Four Components for a Reimbursable Meal

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 seeds ⁴ or
	8 oz.	yogurt ⁵

Snack (Supplement) Meal Pattern

Select Two of the Four Components for a Reimbursable Snack

1 milk	1 cup	fluid milk
1 fruit/vegetable	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
	3/4 cup	cold dry cereal or
	1/2 cup	hot cooked cereal or
	1/2 cup	pasta or noodles or grains
1 meat/meat alternate	1 oz.	lean meat or poultry or fish ³ or
	1 oz.	alternate protein product or
	1 oz.	cheese or
	1/2 large	egg or
	1/4 cup	cooked dry beans or peas or
	2 Tbsp.	peanut or other nut or seed butter or
	1 oz.	nuts and/or seeds or
	4 oz.	yogurt ⁴

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.

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

4 Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement.

5 Yogurt may be plain or flavored, unsweetened or sweetened.

Summer Food Service Program Meal Pattern Requirements

Meal	Meal Pattern Component	Ages 6-12
BREAKFAST	Fluid Milk*	1 cup
	Juice or Fruit or Vegetable	1/2 cup
	Bread or Bread Alternate	1 slice, 3/4 cup dry cereal, or 1/2 cup cooked cereal or other grain
LUNCH/SUPPER	Fluid Milk*	1 cup
	Meat or Meat Alternate	2 ounce equivalents
	Meat, poultry or fish	<i>2 ounces</i>
	Cheese	<i>2 ounces</i>
	Egg	<i>1 egg</i>
	Cooked dry beans or peas	<i>1/2 cup</i>
	Nut or seed butters	<i>4 tablespoons</i>
	Nuts or seeds	<i>1 ounce**</i>
	Yogurt	<i>8 ounces</i>
	Fruit or Vegetable (2 different types)	3/4 cup (total)
Bread or Bread Alternate	1 slice, 3/4 cup dry cereal, or 1/2 cup cooked cereal or other grain	
SNACK Choose Two Components	Fluid Milk	1 cup
	Juice or Fruit or Vegetable	3/4 cup
	Meat or Meat Alternate	1 ounce equivalent
	Bread or Bread Alternate	1 slice, 3/4 cup dry cereal, or 1/2 cup cooked cereal or other grain