

SUMMER FOOD SERVICE PROGRAM MEAL PATTERNS

FOOD COMPONENTS AND FOOD ITEMS	BREAKFAST Serve all three	LUNCH OR SUPPER Serve all four	SNACK Serve two of the four
Milk	Required	Required	
Fluid milk (whole, low-fat, or fat-free)	1 cup ¹ (½ pint, 8 fluid ounces) ²	1 cup (½ pint, 8 fluid ounces) ³	1 cup (½ pint, 8 fluid ounces) ²
Vegetables and Fruits - Equivalent quantity of any combination of...	Required	Required	
Vegetable or fruit or	½ cup	¾ cup total ⁴	¾ cup
Full-strength vegetable or fruit juice	½ cup (4 fluid ounces)=50% ⁵		¾ cup (6 fluid ounces) ⁶
Grains/Breads⁷ - Equivalent quantity of any combination of...	Required	Required	
Bread or	1 slice	1 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc or	1 serving ⁸	1 serving ⁸	1 serving ⁸
Cold dry cereal or	¾ cup or 1 ounce ⁹		¾ cup or 1 ounce ⁹
Cooked cereal or cereal grains or	½ cup	½ cup	½ cup
Cooked pasta or noodle products	½ cup	½ cup	½ cup
Meat and Meat Alternates - Equivalent quantity of any combination of...	Optional	Required	
Lean meat or poultry or fish or	1 ounce	2 ounces	1 ounce
Alternate protein products ¹⁰ or	1 ounce	2 ounces	1 ounce
Cheese or	1 ounce	2 ounces	1 ounce
Egg (large) or	½	1	½
Cooked dry beans or peas or	¼ cup	½ cup ²	¼ cup ²
Peanut or other nut or seed butters or	2 tablespoons	4 tablespoons	2 tablespoons
Nuts or seeds ¹¹ or		1 ounce=50% ¹²	1 ounce
Yogurt ¹³	4 ounces or ½ cup	8 ounces or 1 cup	4 ounce or ½ cup

¹ For the purposes of the requirement outlined in this table, a cup means a standard measuring cup

² Served as a beverage or on cereal or used in part for each purpose

³ Served as a beverage

⁴ Serve two or more kinds of vegetable or fruits or a combination of both

⁵ Full strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement

⁶ Juice may not be served when milk is served as the only other component

⁷ Bread, pasta or noodle products, and cereal grains (such as rice, bulgur, or corn grits) shall be whole-grain or enriched. Cornbread, biscuits, rolls, muffins, etc, shall be made with whole-grain or enriched meal or flour. Cereal shall be whole-grain, enriched or fortified

⁸ Serving sizes and equivalents will be in guidance materials to be distributed by FNS to State agencies

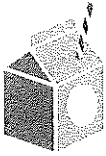
⁹ Either volume (cup) or weight (ounces), whichever is less

¹⁰ Must meet the requirements of 7 CFR 225 Appendix A

¹¹ Tree nuts and seeds that may be used as meat alternate are listed in program guidance

¹² 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. For purposes of determining combinations, one ounce of nuts or seeds is equal to one ounce of cooked lean meat, poultry or fish

¹³ Plain or flavored, unsweetened or sweetened



MILK

Allowable food items:

- Pasteurized, unflavored or flavored whole milk, reduced-fat milk, low-fat milk, fat-free milk, buttermilk, lactose-reduced milk, or acidophilus milk.
- See Substitutions and Exceptions in this Guide for information on milk substitutes.

Guidelines:

- At breakfast or for snacks, milk can be served as a beverage or on cereal, or in a combination of both.
- At lunch or supper, milk must be served as a beverage.
- Other dairy products are served as a milk/milk alternate.



VEGETABLES AND FRUITS

Allowable food items:

Vegetables, such as:

- Dark green: bok choy, broccoli, collard greens, dark-green leafy lettuce, kale, spinach
- Red and orange: carrots, pumpkin, red peppers, butternut squash, sweet potatoes, tomatoes
- Starchy: corn, green peas, potatoes
- Dry beans and peas: black beans, black-eyed peas, chickpeas, kidney beans, lentils
- Other: green beans, artichoke, avocado, cabbage, cauliflower, celery, cucumber
- Full strength (100%) vegetable juice

Fruits, such as:

- Apples, bananas, blackberries, cantaloupe, grapes, kiwi, mangoes, oranges, pears, pineapple, plums, raspberries, watermelon
- Full strength (100%) fruit juice

Guidelines:

- At breakfast, a serving of fruit, vegetable, or full-strength (100%) juice, or an equivalent quantity in any combination, is required.
- For lunch or supper, serve two or more kinds of vegetables and/or fruits at each meal. Up to one-half of the total requirements may be met with full-strength juice.
- Cooked vegetables means a serving of drained cooked vegetables.
- Cooked or canned fruit means a serving of fruit and the juice it's packed in; thawed frozen fruit includes fruit and the thawed juice.
- Dry beans and peas cannot be credited as both a vegetable and meat/meat alternate within the same meal.

- Dried fruits, such as dried apricots, raisins, and prunes, may be used to meet requirements.
- Fruit within yogurt, whether blended, mixed, or on top, cannot be credited toward the fruit requirement. Extra fruit provided as a separate component can be credited.
- Small amounts (less than 1/8 cup) of onions, pickles, relish, ketchup, jams or jellies, or other condiments may be added as additional foods for flavor or garnish. However, these do not count towards the fruit and vegetable requirement.

Juice

- Full-strength (100%) juice may not be served for a snack if milk is the only other component served.
- Juice or syrup from canned fruit does not count as fruit juice.
- Do not serve two forms of the same fruit or vegetable in the same meal, for example: an orange and orange juice, or an apple and applesauce.

GRAINS

Allowable food items:

Whole grains, such as

- Whole-grain or whole-wheat bagels, breads, cereal (ready-to-eat), crackers, pita bread, rolls, noodles, or pasta; whole-corn tortillas
- Brown rice, buckwheat, oatmeal, quinoa.

Enriched grains, such as:

- Bagels, cereal (ready-to-eat), cornbread, muffins, crackers, tortillas, noodles or pasta, pita bread, rolls, wheat bread, white bread
- Enriched rice
- Enriched or fortified cereal

Guidelines:

- Grains and breads must be whole-grain or enriched, or made from whole-grain or enriched flour or meal; ready-to-eat cereals must be whole-grain, enriched or fortified.
- Enriched macaroni products that have been fortified with protein may count towards either the grains component or the meat/meat alternate component, but not as both in the same meal.
- Bran and germ are credited the same as whole-grain or enriched meal or flour.
- Piecrust used as part of the main dish (i.e., for meat turnovers or meat pies) is allowed as a grain item.
- Non-sweet snack foods such as hard pretzels, hard bread sticks, and chips made from whole-grain or enriched meal or flour can be used to meet the grain requirement.
- Sweet grain-based foods should not be served as part of a snack more than twice a week.
- Choose whole grains and whole-grain products when possible to provide additional vitamins, minerals, and fiber; see [Building a Healthy Plate](#) for more information on identifying and serving healthy whole-grain products.



MEAT AND MEAT ALTERNATES

Allowable food items:

Meat, fish, poultry, and eggs, such as:

- Beef, chicken, fish, ham, pork, turkey, eggs

Cheese, such as:

- American, cheddar, cottage, mozzarella, Parmesan, ricotta, Swiss

Dry beans and peas, such as:

- Black beans, black-eyed peas, chickpeas, kidney beans, lentils, pinto beans, refried beans, soybeans,

Nuts and seeds, such as:

- Almonds, cashews, hazelnuts, peanuts, pecans, pumpkin seeds, sesame seeds, sunflower seeds, walnuts
- Nut butters: almond, peanut, etc.

Yogurt

- Commercially produced yogurt, plain or flavored, unsweetened or sweetened, whole-fat, low-fat, or fat-free
- Alternate protein product (APP)
- Products mixed or made into food items, such as ground beef patties, meat loaf, tuna salad, chicken nuggets, pizza toppings

Guidelines:

- Meat or meat alternates must be served at lunch and supper.
- Meat and meat alternates may be served as part of a snack or as an additional item at breakfast.
- Dry beans and peas cannot be credited as both a vegetable and meat/meat alternate within the same meal.

Nuts and seeds

- Nuts and seeds may fulfill the entire meat/meat alternate requirement for snack, and up to half of the required meat/meat alternate requirement for lunch or supper.
- When combining nuts and seeds with another meat/meat alternate to fulfill the lunch or supper requirement, 1 oz. of nuts or seeds is equal to 1 oz. of cooked lean meat, poultry, or fish.
- Children under 4 years old are at the highest risk of choking; USDA recommends that nuts and seeds only be served to young children ground or finely chopped in a prepared food, and nut butters should be spread thinly on bread or crackers.

Yogurt

- For breakfast and snack, 4 oz. or ½ cup of plain, sweetened, or flavored yogurt may be served to equal 1 oz. of meat/meat alternate.

Other Meat Alternates

- For lunch and supper, 8 oz. or 1 cup of plain, sweetened, or flavored yogurt may be served to equal 2 oz. of meat/meat alternate.
- Homemade yogurt, frozen yogurt, or other yogurt-flavored products (e.g. yogurt bars, yogurt-covered fruit or nuts, etc.) are not creditable.