

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 cookedlean meat, poultry or fish

¹³ Plain or flavored, unsweetened or sweetened

✓ DELIVERY OF MEALS

Make sure the site supervisor and designated site personnel know that meals must be delivered within one hour before each meal service if proper facilities do not exist on-site for storing the food.

✓ MEALS SERVICE TIMES

Sponsors are required to establish meal times for each site. Therefore, in addition to making sure that meals served meet the meal pattern requirements, you must ensure that the meals are served at the times approved by the State agency.

✓ UNITIZED MEALS

All meals must be served as complete units, except at sites with Offer versus Serve (OVS). This means that every component of the meal must be served to the child at the same time (except at sites where OVS is allowed). Sometimes site workers might want to split up a meal between several children or serve an incomplete meal to a child. Except where OVS is allowed, the complete meal must be served to each child as a unit. The nutritional value of the meal depends on each child receiving all the components. **Serving incomplete meals or serving components separately are serious violations.** Your sponsor cannot receive reimbursement for incomplete meals served to children.

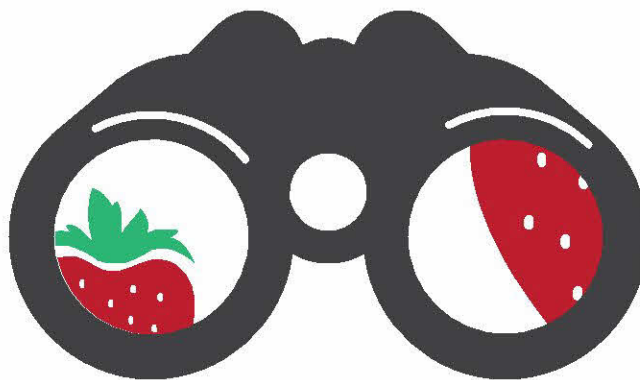
✓ MEAL PATTERN EXCEPTIONS

Substitutions or modifications to the meal patterns must be given to participants with disabilities who are unable to consume the regular program meals. These substitutions must be supported by a statement from a licensed physician or a licensed health care professional who is authorized to write medical prescriptions under State law. The medical statement must identify the disability, why the disability restricts the child's diet, the major life activity affected by the disability, the foods to be omitted and the foods that can be substituted.

In some cases, sponsors may be approved to serve meals that meet the meal pattern requirements of other Child Nutrition Programs instead of the SFSP meal pattern requirements. Variations in the meal patterns may also be approved where there is evidence that the variations are nutritionally sound and are necessary to meet ethnic, religious, economic, or physical needs.

✓ OFFER VERSUS SERVE (OVS)

OVS is a serving option for sponsors. At OVS sites, a complete meal that meets the SFSP meal pattern requirements, as shown on page 17, must be offered to participants. However, participants may choose not to take one or more of the food items offered.



Your sponsor will provide you with the appropriate requirements for the sites you are monitoring that have been granted any exception to the SFSP meal patterns.