

Summer Food Service Program

Meal Pattern

Food components and items

For a reimbursable meal, all required components must be served.

	Breakfast	Lunch or Supper	Snack Serve two of the four
Milk	Required	Required	
Whole, low-fat or fat free. Breakfast and snack: served as a beverage, on cereal or used in part for each purpose. Lunch or supper: served as a beverage.	1 cup (1/2 pint, 8 fluid ounces)	1 cup (1/2 pint, 8 fluid ounces)	1 cup (1/2 pint, 8 fluid ounces)
Vegetables, fruits or portions of both	Required	Required	
<ul style="list-style-type: none"> Vegetable or fruit OR 100% vegetable or fruit juice 	1/2 cup 1/2 cup (4 fluid ounces) = 50% ²	3/4 cup total ¹ 3/4 cup total ¹	3/4 cup 3/4 cup (6 fluid ounces) ³
Grains/breads⁴	Required	Required	
<ul style="list-style-type: none"> Bread OR Cornbread, biscuits, rolls, muffins, etc. OR Cold dry cereal OR Cooked cereal or cereal grains OR Cooked pasta or noodle products 	1 slice 1 serving ⁵ 1 ounce or 3/4 cup ⁶ 1/2 cup 1/2 cup	1 slice 1 serving ⁵ 1/2 cup 1/2 cup	1 slice 1 serving ⁵ 1 ounce or 3/4 cup ⁶ 1/2 cup 1/2 cup
Meat and meat alternatives	Optional	Required	
<ul style="list-style-type: none"> Lean meat or poultry or fish OR Alternate protein products⁷ OR Cheese OR Egg (large) OR Cooked dry beans or peas OR Peanut or other nut or seed butters OR Nuts or seeds⁸ OR Yogurt (plain or flavored, sweetened or unsweetened) 	1 ounce 1 ounce 1 ounce 1/2 egg 1/4 cup 2 tbsp 4 ounces or 1/2 cup	2 ounces 2 ounces 2 ounces 1 egg 1/2 cup 4 tbsp 1 ounce = 50% ⁹ 8 ounces or 1 cup	1 ounce 1 ounce 1 ounce 1/2 egg 1/4 cup 2 tbsp 1 ounce 4 ounces or 1/2 cup

¹Serve two or more kinds of vegetable or fruits or a combination of both.

²100% vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

³Juice may not be served when milk is served as the only other component.

⁴Bread, pasta or noodle products and cereal grains 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.

⁵Serving sizes and equivalents are included on the grain/bread chart on the back side of this document.

⁶Either volume (cup) or weight (ounces), whichever is less.

⁷Must meet the requirements of 7 CFR 225 Appendix A.

⁸Tree nuts and seeds that may be used are listed in program guidance.

⁹One ounce of nuts or seeds is equal to one ounce of cooked lean meat, poultry or fish. Nuts and seeds may meet only half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement.



Weights of Commercially Prepared Grains/Breads for Summer Food Service Program Meal Pattern

Group A

Bread-type coating
Breadsticks (hard)
Chow mein noodles
Crackers (saltines and snack
crackers)
Croutons
Pretzels (hard)
Stuffing (dry)

1 serving = 20 gm or 0.7 oz
 $\frac{3}{4}$ serving = 15 gm or 0.5 oz
 $\frac{1}{2}$ serving = 10 gm or 0.4 oz
 $\frac{1}{4}$ serving = 5 gm or 0.2 oz

Group B

Bagels
Batter-type coating
Biscuits
Breads (white, wheat, whole-
wheat, French, Italian)
Buns (hamburger and hot dog)
Crackers (graham and animal
crackers)
Egg roll skins
English muffins
Pita bread (white, wheat, whole-
wheat)
Pizza crust
Pretzels (soft)
Rolls (white, wheat, whole-wheat,
potato)
Taco shells
Tortilla chips (wheat or corn)
Tortillas (wheat or corn)

1 serving = 25 gm or 0.9 oz
 $\frac{3}{4}$ serving = 19 gm or 0.7 oz
 $\frac{1}{2}$ serving = 13 gm or 0.5 oz
 $\frac{1}{4}$ serving = 6 gm or 0.2 oz

Group C*

Cookies (plain)
Corn muffins
Cornbread
Croissants
Pancakes
Pie crust (dessert pies, fruit
turnovers, meat/meat alternate
pies)
Waffles

1 serving = 31 gm or 1.1 oz
 $\frac{3}{4}$ serving = 23 gm or 0.8 oz
 $\frac{1}{2}$ serving = 16 gm or 0.6 oz
 $\frac{1}{4}$ serving = 8 gm or 0.3 oz

Group D*

Doughnuts (cake and yeast-raised,
unfrosted)
Granola bars (plain)
Muffins (all except corn)
Sweet roll (unfrosted)
Toaster pastry (unfrosted)

1 serving = 50 gm or 1.8 oz
 $\frac{3}{4}$ serving = 38 gm or 1.3 oz
 $\frac{1}{2}$ serving = 25 gm or 0.9 oz
 $\frac{1}{4}$ serving = 13 gm or 0.5 oz

Group E*

Cookies (with nuts, raisins,
chocolate pieces and/or fruit
purees)
Doughnuts (cake and yeast-raised,
frosted or glazed)
French toast
Grain fruit bars
Granola bars (with nuts, raisins,
chocolate pieces and/or fruit)
Sweet rolls (frosted)
Toaster pastry (frosted)

1 serving = 63 gm or 2.2 oz
 $\frac{3}{4}$ serving = 47 gm or 1.7 oz
 $\frac{1}{2}$ serving = 31 gm or 1.1 oz
 $\frac{1}{4}$ serving = 16 gm or 0.6 oz

Group F*

Cake (plain, unfrosted)
Coffee cake

1 serving = 75 gm or 2.7 oz
 $\frac{3}{4}$ serving = 56 gm or 2 oz
 $\frac{1}{2}$ serving = 38 gm or 1.3 oz
 $\frac{1}{4}$ serving = 19 gm or 0.7 oz

Group G*

Brownies (plain)
Cake (all varieties, frosted)

1 serving = 115 gm or 4 oz
 $\frac{3}{4}$ serving = 86 gm or 3 oz
 $\frac{1}{2}$ serving = 58 gm or 2 oz
 $\frac{1}{4}$ serving = 29 gm or 1 oz

Group H

Barley
Breakfast cereals (cooked)
Bulgur or cracked wheat macaroni
(all shapes)
Noodles (all varieties)
Pasta (all shapes)
Ravioli (noodle only)
Rice (enriched white or brown)

**1 serving = $\frac{1}{2}$ cup cooked or
25 gm (0.9 oz) dry**
 **$\frac{3}{4}$ serving = $\frac{3}{8}$ cup cooked or
19 gm (0.7 oz) dry**
 **$\frac{1}{2}$ serving = $\frac{1}{4}$ cup cooked or
13 gm (0.5 oz) dry**
 **$\frac{1}{4}$ serving = 2 tbsp cooked or
6 gm (0.2 oz) dry**

Group I

Breakfast cereals (cold, dry, ready-
to-eat)

**1 serving = $\frac{3}{4}$ or 1 oz,
whichever is less**
 **$\frac{1}{2}$ serving = $\frac{1}{3}$ cup or 0.5 oz,
whichever is less**
 **$\frac{1}{4}$ serving = $\frac{1}{4}$ cup or 0.3 oz,
whichever is less**

*Some of these foods or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.