

Chart 3: Summer Food Service Program (SFSP) Meal Pattern for Children

Select the Appropriate Components for a Reimbursable Meal				
Meal Component		Breakfast, Serve all 3	Lunch/Supper, Serve all 4	Snacks, Serve 2 of 4
Milk ^{1,2}	Fluid milk	8 fl oz (1 cup) ¹	8 fl oz (1 cup) ²	8 fl oz (1 cup) ¹
Vegetables or Fruit ^{3, 4, 5}	Juice, fruit, and/or vegetable	½ cup ³ (juice must be full-strength)	¾ cup ⁴	¾ cup ^{3,5} (juice must be full-strength)
Grains/Breads ^{6,7} (Select one)	Bread	1 slice	1 slice	1 slice
	Cornbread/biscuit/roll/muffin	1 serving	1 serving	1 serving
	Cold dry cereal ⁷	¾ cup or 1 oz ⁷	N/A	¾ cup or 1 oz ⁷
	Hot cooked cereal	½ cup	½ cup	½ cup
	Cooked pasta/noodles/grains	½ cup	½ cup	½ cup
Meats/Meat Alternates ^{8, 9, 10, 11} (Select one)		Optional		
	Lean meat/poultry/fish ⁸	1 oz	2 oz	1 oz
	Alternate protein product ⁹	1 oz	2 oz	1 oz
	Cheese	1 oz	2 oz	1 oz
	Egg (large)	½ large egg	1 large egg	½ large egg
	Cooked dry beans, peas, or lentils	¼ cup	½ cup	¼ cup
	Peanut/other nut butters	2 Tbsp	4 Tbsp	2 Tbsp
	Nuts and/or seeds ¹⁰	N/A	1 oz = 50% ¹⁰	1 oz ¹⁰
Yogurt ¹¹	4 oz (½ cup)	8 oz (1 cup)	4 oz (½ cup)	

- 1 For Breakfast or Snack, fluid milk shall be served as a beverage, or on cereal, or use part of it for each purpose.
- 2 For Lunch or Supper, fluid milk shall be used as a beverage.
- 3 Fruit or vegetable juice must be full-strength for Breakfast and Snacks.
- 4 For Lunch or Supper, serve two or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.
- 5 Juice may not be served to fulfill the vegetable or fruit component at snack when milk is served as the only other component.
- 6 Grains/Breads must be enriched or whole grain, or made from whole grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole grain or enriched or fortified.
- 7 Either volume (cup) or weight (oz), whichever is less.
- 8 A serving consists of the edible portion of cooked lean meat or poultry or fish.
- 9 Alternate protein products must meet requirements in Appendix A of 7 CFR Part 225.

10 Nuts and seeds are generally not recommended to be served to children ages 1–3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

11 Yogurt must be commercially prepared, and may be plain or flavored, unsweetened, or sweetened.