

Summer Food Service Program (SFSP) Meal Pattern ¹

Food Component	Breakfast	Lunch or Supper	Snack ² Serve any two of the four components (must be two different components)
Milk, fluid ³ Flavored or unflavored whole milk, low-fat milk, nonfat (skim) milk, and buttermilk <i>Low-fat (1%) or fat-free milk is recommended</i>	1 cup (8 fluid ounces)	1 cup (8 fluid ounces)	1 cup (8 fluid ounces)
Vegetables and Fruits Vegetables and/or fruits or	1/2 cup	3/4 cup total ^{4,5}	3/4 cup
Full-strength (100%) juice (fruit, vegetable or combination) ⁴	1/2 cup (4 fluid ounces)		3/4 cup (6 fluid ounces)
Grains and Breads ^{6,7} Bread or	1 slice	1 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc.	1 serving	1 serving	1 serving
Cold dry cereal ⁸	3/4 cup or 1 ounce	3/4 cup or 1 ounce	3/4 cup or 1 ounce
Cooked cereal	1/2 cup	1/2 cup	1/2 cup
Cooked pasta or noodle products	1/2 cup	1/2 cup	1/2 cup
Cooked cereal grains	1/2 cup	1/2 cup	1/2 cup
Meat and Meat Alternates Lean meat or poultry or fish ⁹	Optional	2 ounces	1 ounce
Alternate protein products ¹⁰		2 ounces	1 ounce
Cheese		2 ounces	1 ounce
Cottage cheese		1/2 cup	1/4 cup
Eggs		1 large egg	1/2 large egg
Cooked dry beans or peas		1/2 cup	1/4 cup
Peanut butter or soynut butter or other nut or seed butters		4 tablespoons	2 tablespoons
Peanuts or soynuts or tree nuts or seeds ¹¹		1 ounce = 50 percent	1 ounce
Yogurt ¹² , plain or flavored, unsweetened or sweetened		8 ounces or 1 cup	4 ounces or 1/2 cup

◀ See page 2 for important menu planning notes ▶

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Menu planning notes

- ¹ The SFSP meal pattern shows the minimum amounts of each component that must be made available to each child to claim reimbursement for the meal. Children may be served larger portions but not less than the minimum quantities specified. Use the USDA's *Food Buying Guide for Child Nutrition Programs* to determine the amount of purchased food that meets the requirements. For information on crediting processed foods, see the CSDE's handouts, *Child Nutrition (CN) Labeling Program*, *Product Formulation Statements*, *Accepting Processed Product Documentation*, and *Crediting Commercial Meat/Meat Alternate Products in the National School Lunch Program and School Breakfast Program*.
- ² Snack must consist of two food items, each from a different food component. For example, a snack containing fruit juice and carrot sticks does not meet the meal pattern requirements because both food items are from the vegetables/fruits component. Juice cannot be served when milk is the only other snack component.
- ³ Milk must be pasteurized and meet state and local standards. For best nutrition, serve only low-fat (1%) or fat-free milk. At lunch/supper, milk must be served as a beverage. At breakfast, milk can be served as a beverage, on cereal, or both.
- ⁴ At lunch/supper, full-strength 100 percent juice cannot exceed half of the vegetables/fruits component, i.e., no more than $\frac{3}{8}$ cup of juice.
- ⁵ Serve two or more different kinds of vegetables and/or fruits, i.e., two vegetables, two fruits, or one vegetable and one fruit.
- ⁶ Bread, pasta, or noodle products and cereal grains (such as rice, bulgur, and corn grits) must be whole grain or enriched. Cornbread, biscuits, rolls, muffins, and other breads must be made with whole-grain or enriched flour or meal. Bran and germ credit the same as enriched or whole-grain meal or flour. All products must meet the minimum serving sizes specified in *Serving Sizes for Grains/Breads in the SFSP*. For best nutrition, serve whole-grain products most often.
- ⁷ The CSDE recommends not serving creditable grain-based desserts more than twice per week. Grain-based desserts are designated by the footnote 3 or 4 in *Serving Sizes for Grains/Breads for Grades K-12 in the Afterschool Snack Program*. Examples include cookies, animal crackers, graham crackers, granola bars, toaster pastries, sweet rolls, and cake.
- ⁸ Breakfast cereals must be whole grain, enriched, or fortified. One serving of cold breakfast cereal must measure $\frac{3}{4}$ cup or weigh 1 ounce, whichever is less. Breakfast cereals are traditionally served as a breakfast menu item but may also be served in other meals.
- ⁹ The serving size for meat/meat alternates refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone.
- ¹⁰ Alternate protein products must meet the requirements specified by the USDA in Appendix A to Part 225 of the *SFSP regulations*. Tofu must contain at least 5 grams of protein in 2.2 ounces (weight) or $\frac{1}{4}$ cup (volume). For more information, see the CSDE's handout, *Crediting Tofu and Tofu Products in the National School Lunch Program and School Breakfast Program*.
- ¹¹ Tree nuts and seeds that may be used as meat alternates include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts. One ounce of nuts/seeds equals one ounce of cooked lean meat, poultry, or fish. At lunch/supper, nuts and seeds cannot exceed 50 percent (1 ounce) of the meat/meat alternates requirement. They must be combined with another meat/meat alternate to meet the required 2-ounce serving. For more information, see the CSDE's handout, *Crediting Nuts and Seeds in the National School Lunch Program and School Breakfast Program*.
- ¹² To increase nutrient variety, yogurt should not be served when milk is the only other snack component.



For more information, visit the CSDE's [SFSP](#) website or contact Caroline Cooke at caroline.cooke@ct.gov or 860-807-2144, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/SFSPMealPattern.pdf>.

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