

Summer Food Service Program Meal Pattern

BREAKFAST	LUNCH OR SUPPER	SNACK
One serving of milk.	One serving of milk.	Must contain two food items.
One serving of a vegetable or fruit or full strength juice.	Two or more servings of vegetables, fruits and/or juice (from 2 or more sources).	Items must be from a different component.
One serving of grains or breads.	One serving of grains or breads.	Juice cannot be served when milk is served as the only other component.
A meat or meat alternate is <u>optional</u> .	One serving of meat or meat alternate.	

FOOD COMPONENTS	BREAKFAST	LUNCH/SUPPER	SNACK
MILK			
Fluid Milk	1 c (8 fl oz)	1 c (8 fl oz)	1 c (8 fl oz)
VEGETABLES AND/OR FRUITS			
Vegetable/Fruits OR	½ c	¾ c	¾ c
Full-strength vegetable or fruit juice OR	½ c (4 fl oz)	3/8 c (3 fl oz) juice is maximum allowable of ¾ c total	¾ c (6 fl oz)
An equivalent quantity of any combination of vegetables/fruits/juice			
GRAINS AND BREADS (whole grain or enriched)			
Bread OR	1 slice	1 slice	1 slice
Corn bread, biscuits, rolls, muffins, etc. OR	1 serving	1 serving	1 serving
Dry cereal OR	¾ c or 1 oz	-----	¾ c or 1 oz
Cooked pasta or noodles OR	½ c	½ c	½ c
Cooked cereal or cereal grains OR	½ c	½ c	½ c
An equivalent quantity of any combination of grains/breads			
MEAT AND MEAT ALTERNATES			
Lean meat/poultry/fish OR	1 oz	2 oz	1 oz
Cheese OR	1 oz	2 oz	1 oz
Eggs OR	1 large	1 large	½ large
Cooked dry beans or peas OR	½ c	½ c	¼ c
Peanut/soynut butter or other nut/seed butters OR	2 Tbsp	4 Tbsp	2 Tbsp
Peanuts/soynuts or tree nuts or seeds OR	1 oz	1 oz (may meet no more than ½ of requirement)	1 oz
Yogurt, plain or flavored, sweetened OR unsweetened OR	½ c or 4 oz	1 c or 8 oz	½ c or 4 oz
An equivalent quantity of any combination of the above meat/meat alternates			

Document component contributions pre-prepared products with Child Nutrition (CN) labels or manufacturer's product analysis (PA).