

Summer Food Service Program: Meal Pattern



	Breakfast (Serve all 3)	Lunch or Supper (Serve all 4)	Snack (Serve 2 of the 4)
Milk	REQUIRED	REQUIRED	
Whole, 2%, 1%, skim	1cup ¹ (1/2 pint, 8 fluid oz) ²	1cup ¹ (1/2 pint, 8 fluid oz) ³	1cup ¹ (1/2 pint, 8 fluid oz) ²
Fruits/Vegetables Equivalent quantity of any combination of...	REQUIRED	REQUIRED	
Fruits/Vegetables or	½ cup	¾ cup total ⁴	¾ cup
100% fruit/vegetable juice	½ cup (4 fluid oz)		¾ cup (6 fluid oz) ⁵
Grains/Breads⁶ Equivalent quantity of any combination of...	REQUIRED	REQUIRED	
Bread or	1 slice	1 slice	1 slice
Biscuit, roll, muffin etc. or	1 serving ⁷	1 serving ⁷	1 serving ⁷
Cold dry cereal or	¾ cup or 1 oz ⁸		¾ cup or 1 oz ⁸
Cooked cereal or cooked grains or	½ cup	½ cup	½ cup
Cooked pasta or noodle product	½ cup	½ cup	½ cup
Meat/Meat Alternates Equivalent quantity of any combination of...	OPTIONAL	REQUIRED	
Lean meat or poultry or fish or	1oz	2oz	1oz
Alternate protein products ⁹ or	1oz	2oz	1oz
Cheese or	1oz	2oz	1oz
Egg (large) or	½	1	½
Cooked dry beans or peas or	¼ cup	½ cup ¹	¼ cup ¹
Peanut or other nut or seed butters or	2 tbsp	4 tbsp	2 tbsp
Nuts or seeds ¹⁰ or		1 oz=50% ¹¹	1oz
Yogurt	4 oz or ½ cup	8 oz or 1 cup	4 oz 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 vegetables or fruits or a combination of both. Full-strength vegetable or fruit juice may be counted to meet no more than one-half of this requirement.

⁵ Juice may not be served when milk is served as the only other component.

⁶ 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 wholegrain, enriched or fortified.

⁷ Serving sizes and equivalents will be in guidance materials to be distributed by FNS to State agencies.

⁸ Either volume (cup) or weight (ounces), whichever is less.

⁹ Must meet the requirements of [7 CFR 225 Appendix A](#).

¹⁰ Tree nuts and seeds that may be used as meat alternate are listed in program guidance.

¹¹ 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 cooked lean meat, poultry or fish.

¹² Plain or flavored, unsweetened or sweetened.