

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 Full-strength vegetable or fruit juice OR <i>An equivalent quantity of any combination of vegetables/fruits/juice</i>	½ c ½ c (4 fl oz)	¾ c ⅔ c (3 fl oz) juice is maximum allowable of ¾ c total	¾ c ¾ c (6 fl oz)
GRAINS AND BREADS (whole grain or enriched)			
Bread OR Corn bread, biscuits, rolls, muffins, etc. OR Dry cereal OR Cooked pasta or noodles OR Cooked cereal or cereal grains OR <i>An equivalent quantity of any combination of grains/breads</i>	1 slice 1 serving ¾ c or 1 oz ½ c ½ c	1 slice 1 serving ----- ½ c ½ c	1 slice 1 serving ¾ c or 1 oz ½ c ½ c
MEAT AND MEAT ALTERNATES			
Lean meat/poultry/fish OR Cheese OR Eggs OR Cooked dry beans or peas or lentils OR Peanut butter or other nut/seed butters OR Peanuts or tree nuts or seeds OR Yogurt, plain or flavored, sweetened or unsweetened OR <i>An equivalent quantity of any combination of the above meat/meat alternates</i>	1 oz 1 oz ½ large ¼ c 2 Tbsp N/A ½ c or 4 oz	2 oz 2 oz 1 large ½ c 4 Tbsp 2 oz 1 c or 8 oz	1 oz 1 oz ½ large ¼ c 2 Tbsp 1 oz ½ c or 4 oz

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