

MEAL PATTERN REQUIREMENTS

The meal pattern requirements ensure children receive well-balanced, nutritious meals that provide the kinds and amounts of food necessary to meet the nutrient and energy needs of children. You must make sure that meals served at your site meet the meal pattern requirements listed on the following page. Compare your site menus with these meal pattern requirements and learn to recognize incomplete meals.

REIMBURSABLE MEALS

FOR THE MEAL TO BE REIMBURSABLE IT MUST CONTAIN:

| BREAKFAST | LUNCH OR SUPPER | SNACK |
|---|--|--|
| <ul style="list-style-type: none">• One serving of milk.• One serving of a vegetable or fruit or a full-strength juice.• One serving of grain.• A meat/meat alternate is optional. | <ul style="list-style-type: none">• One serving of milk.• Two or more servings of vegetables and/or fruits.• One serving of grain.• One serving of meat/meat alternate. | <ul style="list-style-type: none">• Must contain two food items from different components.• Juice cannot be served when milk is served as the only other component. |

Remember: For meals to be reimbursable, they must meet the meal pattern requirements **and** be consumed on-site by eligible children. See the next page for the full meal pattern requirements.

Other Child Nutrition Program Meal Patterns

Most summer sites follow the SFSP meal pattern requirements. However, some sites may follow other Child Nutrition Program (CNP) meal pattern requirements. First, a sponsor may be approved to follow the Child and Adult Care Food Program (CACFP) meal patterns when they are serving meals to children younger than 6 years of age. This is because the CACFP meal patterns include smaller serving sizes than the ones in the SFSP meal pattern requirements. Second, sponsors that are school food authorities (SFAs) may choose to participate in the Seamless Summer Option (SSO) and, therefore, follow the National School Lunch Program (NSLP) meal patterns instead of the SFSP meal patterns. Ask your sponsor which meal pattern requirements you are following at your summer site. To learn more about the CACFP meal patterns, check out: <http://www.fns.usda.gov/cacfp/meals-and-snacks>. To learn more about SSO, visit: <http://www.fns.usda.gov/school-meals/opportunity-schools>.

SUMMER FOOD SERVICE PROGRAM MEAL PATTERNS

| FOOD COMPONENTS AND FOOD ITEMS | BREAKFAST Serve all three | LUNCH OR SUPPER Serve all four | SNACK Serve two of the four |
|---|--|---|---|
| Milk | Required | Required | |
| Fluid milk (whole, low-fat, or fat-free) | 1 cup ¹ (½ pint, 8 fluid ounces) ² | 1 cup (½ pint, 8 fluid ounces) ³ | 1 cup (½ pint, 8 fluid ounces) ² |
| Vegetables and Fruits - Equivalent quantity of any combination of... | Required | Required | |
| Vegetable or fruit or | ½ cup | ¾ cup total ⁴ | ¾ cup |
| Full-strength vegetable or fruit juice | ½ cup (4 fluid ounces) | | ¾ cup (6 fluid ounces) ⁵ |
| Grains/Breads⁶ - Equivalent quantity of any combination of... | Required | Required | |
| Bread or | 1 slice | 1 slice | 1 slice |
| Cornbread, biscuits, rolls, muffins, etc or | 1 serving ⁷ | 1 serving ⁷ | 1 serving ⁷ |
| Cold dry cereal or | ¾ cup or 1 ounce ⁸ | | ¾ cup or 1 ounce ⁸ |
| Cooked cereal or cereal grains or | ½ cup | ½ cup | ½ cup |
| Cooked pasta or noodle products | ½ cup | ½ cup | ½ cup |
| Meat and Meat Alternates - Equivalent quantity of any combination of... | Optional | Required | |
| Lean meat or poultry or fish or | 1 ounce | 2 ounces | 1 ounce |
| Alternate protein products ⁹ or | 1 ounce | 2 ounces | 1 ounce |
| Cheese or | 1 ounce | 2 ounces | 1 ounce |
| 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 tablespoons | 4 tablespoons | 2 tablespoons |
| Nuts or seeds ¹⁰ or | | 1 ounce=50% ¹¹ | 1 ounce |
| Yogurt ¹² | 4 ounces or ½ cup | 8 ounces or 1 cup | 4 ounce 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 whole-grain, 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