

Summer Food Service Program

Meal Pattern

Breakfast		Serving Size	
	Fluid Milk		1 cup
	Juice or Fruit or Vegetable		1/2 cup
	Grains/Breads		
	<i>Bread; whole grain or enriched</i>		1 slice*
	<i>Cold dry cereal; whole grain, enriched or fortified</i>		3/4 cup (or 1 oz)
	<i>Cooked cereal, rice and noodle products</i>		1/2 cup
Snack Select two of the following four components**			
	Fluid Milk		1 cup
	Juice or Fruit or Vegetable		3/4 cup
	Meat or Meat Alternate		1 ounce
	Grains/Breads		
	<i>Bread; whole grain or enriched</i>		1 slice*
	<i>Cold dry cereal; whole grain, enriched or fortified</i>		3/4 cup (or 1 oz)
	<i>Cooked cereal, rice and noodle products</i>		1/2 cup
Lunch/Supper			
	Fluid Milk		1 cup
	Lean Meat or Poultry or Fish or		2 ounces
	Alternate Protein Products or		2 ounces
	Cheese or		2 ounces
	Egg (Large) or		1 egg
	Cooked Dry Beans or Peas or		1/2 cup
	Peanut Butter, Soybean Butter, or Nut or Seed Butters or		4 T
	Peanuts, Soybeans, Tree Nuts or Seeds or		1 oz = 50%
	Yogurt, Plain or Flavored, Unsweetened or Sweetened or an equivalent quantity of any combination of the above meat/meat alternates		8 ounces or 1 cup
	Vegetables and/or Fruits (2 or more) <i>2 separate servings of vegetable and/or fruit</i>		3/4 cup total
	Bread		1 slice *

* or an equivalent serving of an acceptable grains/breads food component such as cornbread, biscuits, rolls, muffins, pizza crust, etc. made of a whole-grain, bran, or germ product and/or enriched meal or flour.

** For snack, juice may not be served when milk is served as the only other component

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