

SUMMER FOOD SERVICE MEAL PATTERN

MINIMUM QUANTITIES REQUIRED			
Food Components	Breakfast	Lunch or Supper	Snack¹ (Choose two of the four)
Milk:	1 c (8 fl. oz.) ²	1 c (8 fl oz.) ³	1 c (8 fl. oz.)
Fruit/Vegetable: Vegetable(s) and/or fruit(s) or Full strength vegetable or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice (Includes potatoes but not potato chips. Includes commodity spaghetti sauce and commodity salsa, but other brands do not credit as a vegetable without a Child Nutrition(CN) label.)	$\frac{1}{2}$ c. $\frac{1}{2}$ c. (4 fl.oz.)	$\frac{3}{4}$ cup total ⁴	$\frac{3}{4}$ c. $\frac{3}{4}$ c. (6 fl.oz.)
Grains/Breads:⁵ Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold Dry Cereal or Cooked pasta or noodle products or Cooked cereal or cereal grains or an equivalent quantity or any combination or grains/breads or An equivalent serving of grain-based items as listed on the "Grains/Breads List" ⁶ , except dessert items only credit at snack.	1 slice 1 serving $\frac{3}{4}$ c. or 1 oz. ⁶ $\frac{1}{2}$ c. $\frac{1}{2}$ c.	1 slice 1 serving $\frac{3}{4}$ c. or 1 oz. ⁶ $\frac{1}{2}$ c. $\frac{1}{2}$ c.	1 slice 1 serving $\frac{3}{4}$ c. or 1 oz. ⁶ $\frac{1}{2}$ c. $\frac{1}{2}$ c.
Meat and Meat Alternate: Lean meat, poultry, or fish or Cheese or Eggs or Alternate Protein Products ⁷ or Cooked dry beans or peas or Peanut butter or soy nut butter or other nut or seed butters or Peanuts or soy nuts or tree nuts or seeds or Yogurt, plain or sweetened and flavored or An equivalent quantity of any combination of the above meat/meat alt.	(Optional at breakfast) 1 oz. 1 oz. $\frac{1}{2}$ large egg 1 oz. $\frac{1}{4}$ c. 2 Tbsp. 1 oz. 4 oz. or $\frac{1}{2}$ cup	2 oz. 2 oz. 1 large egg 2 oz. 1/2 c. 4 Tbsp. 1 oz. = 50% ⁸ 8 oz. or 1 cup	1 oz. 1 oz. $\frac{1}{2}$ large egg 1 oz. $\frac{1}{4}$ c. 2 Tbsp. 1 oz. 4 oz. or $\frac{1}{2}$ cup

¹ Serve two food items. Each food item must be from a different food component. Juice may not be reserved when milk is served as the only other component.

² Shall be served as a beverage, or on cereal, or use part of it for each purpose.

³ Shall be served as a beverage.

⁴ Serve two or more kinds of vegetable(s) and/or fruit(s) or a combination of both. Full strength juice may be counted to meet not more than one-half of this requirement.

⁵ All grain/bread items must be enriched or whole grain, made from enriched or whole-grain meal or flour, or if a cereal, the product must be whole grain, enriched or fortified.

⁶ Either volume (cup) or weight (oz.) whichever is less.

⁷ Must meet the requirements in Appendix A of the SFSP regulations.

Child and Adult Care Food Program



FOOD CHART

Age:

1-2

3-5

6-12

Breakfast

Fluid Milk	1/2 cup (c)	3/4 cup (c)	1 cup (c)
Juice or Fruit or Vegetable	1/4 c	1/2 c	1/2 c
Grains/Breads	1/2 slice* (or 1/2 serving)	1/2 slice* (or 1/2 serving)	1 slice* (or 1 serving)
or cold dry cereal	1/3 oz. or 1/4 c	1/2 oz. or 1/3 c	1 oz. or 3/4 c
or cooked cereal	1/4 c	1/4 c	1/2 c

Snack (select two different components from the following four **)

Fluid Milk	1/2 cup (c)	1/2 cup (c)	1 cup (c)
Juice or Fruit or Vegetable	1/2 c	1/2 c	3/4 c
Meat or Meat Alternate	1/2 oz.	1/2 oz.	1 oz.
or yogurt	2 oz. or 1/4 c	2 oz. or 1/4 c	4 oz. 1/2 c
or peanut or other seed or nut butters	1 Tbsp.	1 Tbsp.	2 Tbsp.
or egg (large)	1/2	1/2	1/2
Grains/Breads	1/2 slice* (or 1/2 serving)	1/2 slice* (or 1/2 serving)	1 slice* (or 1 serving)

Lunch/Supper

Fluid Milk	1/2 cup (c)	3/4 cup (c)	1 cup (c)
Meat or Poultry or Fish	1 oz.	1-1/2 oz.	2 oz.
or cheese	1 oz.	1-1/2 oz.	2 oz.
or cottage cheese, cheese food or cheese spread	2 oz. or 1/4 c	3 oz. or 3/8 c	4 oz. or 1/2 c
or egg (large)	1/2	3/4	1
or cooked dry beans or peas	1/4 c	3/8 c	1/2 c
or peanut or other nut butters or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.
or peanuts, soynuts, tree nuts or seeds	1/2 oz. = 50%	3/4 oz. = 50%	1 oz. = 50%
or yogurt	4 oz. or 1/2 c	6 oz. or 3/4 c	8 oz. or 1 c
Vegetables and/or Fruits (2 or more kinds)	1/4 c Total	1/2 c Total	3/4 c Total
Grains/Breads	1/2 slice* (or 1/2 serving)	1/2 slice* (or 1/2 serving)	1 slice* (or 1 serving)

POINTS TO REMEMBER

- Keep menu production records current.
- The minimum required amount of each food must be served.
- Use full-strength juice.

* or an equivalent serving of an acceptable grains/breads such as cornbread, biscuits, rolls, muffins, etc., made of whole grain or enriched meal or flour, or a serving of cooked enriched or whole grain rice or macaroni or other pasta products. Refer to the grains/breads list for correct weights.

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

Snack Ideas (K- 12 grades)

Pumpkin bread/muffin - 1.8 oz. slice or larger Pineapple juice - $\frac{3}{4}$ cup	Toasted cheese on whole wheat bread (1 slice bread .9 oz & 1 oz cheese)
Broccoli, carrot and cauliflower pieces - $\frac{3}{4}$ cup total vegetables w/dip Wheat crackers - 8 shredded wheat type or .7 oz	Lowfat yogurt – $\frac{1}{2}$ cup Fruit slices – $\frac{3}{4}$ cup (strawberry, apple, kiwi, or other)
Soft pretzel 1 - .9 oz or larger Apple juice – $\frac{3}{4}$ cup	Baked apple with raisins – 1 medium apple + $\frac{1}{4}$ cup raisins Cheese cube -1 oz.
Refried beans – 2 Tbsp + (cheese .5 oz) Tortilla chips - .9 oz	Watermelon – $\frac{3}{4}$ cup Sweet cinnamon roll unfrosted - 1.8 oz
Tuna, egg or ham salad – 1 oz meat or $\frac{1}{2}$ egg Pita pockets - .9 oz	Bran muffin - 1.8 oz Pear (fresh or canned) - $\frac{3}{4}$ cup
Lowfat yogurt – 4 fl. oz Wheat crackers – 8 shredded wheat type or .7 oz	Bagel and cream cheese - .9 oz bagel Juice – $\frac{3}{4}$ cup
Cornbread muffins - 1.1 oz Milk – 1 cup	2 T peanut butter & 8 saltine crackers - .7 oz
Cheese sticks or cubes – 1 oz Seedless grapes – $\frac{3}{4}$ cup	English muffin - .9 oz Pineapple orange juice - $\frac{3}{4}$ cup
Vegetable juice – $\frac{3}{4}$ cup String cheese – 1 oz.	Fresh fruit salad – $\frac{3}{4}$ cup Pancake - 1.1 oz
Blueberry muffin - 1.8 oz Cottage cheese – $\frac{1}{4}$ cup	Cantaloupe – $\frac{3}{4}$ cup Saltines - 8 crackers or 7 oz
Banana slices - $\frac{3}{4}$ cup Graham crackers squares - .9 oz	Applesauce - $\frac{3}{4}$ cup Graham crackers squares - .9 oz
Hard boiled egg – $\frac{1}{2}$ egg Grape juice – $\frac{3}{4}$ cup	Fried rice – $\frac{1}{2}$ cup Peach (fresh or canned) – $\frac{3}{4}$ cup
Cereal mix – $\frac{3}{4}$ cup Milk – 1 cup	Oatmeal cookie - 1.1oz. Strawberry/peach/pineapple kabobs - $\frac{3}{4}$ c.
Whole wheat toast - .9 oz Orange slices – $\frac{3}{4}$ cup	Plain granola bar - 1.8 oz Cheese stick – 1 oz
Hard bread stick - .7 oz Cheese cubes – 1 oz	French toast - 2.2 oz Melon balls – $\frac{3}{4}$ cup
Biscuits - .9 oz Pineapple chunks - $\frac{3}{4}$ cup	Strawberries - $\frac{3}{4}$ cup Cinnamon grahams - .9 oz
Banana muffin - 1.8 oz Milk - 1 cup	Cornbread - 1.1 oz piece Baked apples – $\frac{3}{4}$ cup
Whole grain bread - .9 oz Mandarin oranges – $\frac{3}{4}$ cup	Soft pretzel - .9 oz Pears - $\frac{3}{4}$ cup
Muffin - 1.8 oz Juice – $\frac{3}{4}$ cup	Bran muffin - 1.8 oz Apple slices - $\frac{3}{4}$ cup
Purchased cinnamon roll - 1.8 oz unfrosted Pineapple juice – $\frac{3}{4}$ cup	English muffin – .9 oz Fruit cocktail – $\frac{3}{4}$ cup
Rice – $\frac{1}{2}$ cup Peaches – $\frac{3}{4}$ cup	French bread –.9 oz Pears – $\frac{3}{4}$ cup diced

Whole wheat toast 1 slice - .9 oz Tomato juice – ¾ cup	Saltine – 8 crackers or .7 oz Cheese – 1 oz
Waffles – 1 frozen (1 serving - 1.1 oz or larger) Strawberries – ¾ cup	Homemade cheese pizza – (crust .9 oz or larger) with cheese (1 oz)
Grain fruit bar - 2.2 oz Cocoa (made with fluid milk) – 1 cup	Pig in a blanket – biscuit (.9 oz or larger) + hot dog (1 oz.)
Graham crackers – .9 oz Apricots - ¾ cup canned	Fruit cup – ¾ cup Cheese – 1 oz
Raisin toast - .9 oz slice Orange Juice – ¾ cup	Assorted cereal mix – ¾ cup Juice = ¾ cup
Peanut butter cookies – 1.1 oz. Milk – 1 cup	½ sandwich (1 slice whole wheat bread) 1 oz meat
Oatmeal muffin - 1.8 oz Melon balls – ¾ cup	Apple rings – ¾ cup Peanut butter – 2 Tbsp
Ginger snaps – 1.1 oz. Applesauce – ¾ cup	Graham crackers - .9 oz Milk – 1 cup
Saltines – 8 squares or .9 oz Vegetable sticks – 9 carrot sticks (4”x ½”) + 6 celery sticks (3” x ¾”) Ranch dressing dip (extra)	Cucumber and carrot coins – ¾ cup total Cottage cheese - ¼ cup
Toast – .9 oz Peanut butter – 2 Tbsp	Whole wheat hard bread sticks - .7 oz total Fruit salad or cocktail – ¾ cup
Hard breadsticks - .7 oz total Tomato juice – ¾ cup	Cottage cheese – ¼ cup Crushed pineapple – ¾ cup
Granola bar – 1.8 oz Grape juice – ¾ cup	Fruit kabobs – ¾ cup total Cheese sticks – 1 oz
Cinnamon toast – 1 slice or .9 oz Pineapple juice – ¾ cup	Deviled eggs – ½ egg Wheat thins - .7 oz
Bagel - .9 oz Orange slices - ¾ cup	Homemade cinnamon roll -.9 oz unfrosted Milk -1 cup
Graham cracker square - .9 oz Fruit cocktail – ¾ cup	Scrambled egg - (1/2 egg = 1 oz) Tortilla – 8 inch
Cottage cheese – ¼ cup Corn chips - .9 oz	Pineapple chunks or grapes – ¾ cup Animal crackers - .9 oz
Apple slices – ¾ cup Cheese slice – 1 oz	Pancake - 1.1 oz Peanut butter – 2 Tbsp.
Strawberries – ¾ cup (or other fruit) Cereal – ¾ cup	Pear slices – ¾ cup Swiss cheese – 1 oz
Shaved ham – 1 oz. Saltine crackers – 8 squares or .9 oz	Fortune cookies (extra) Mandarin oranges – ¾ cup Fried rice – ½ cup
Soft pretzel - .9 oz Homemade Cheese Sauce - 1 oz meat alternative	Ants on a log (celery, peanut butter, raisins) 2 Tbsp. Peanut butter + 12 - 3 ¾” celery sticks
Peanut butter cookie - 1.1 oz total Milk – 1 cup	Milk shakes (made with 1 c. fluid milk) Sugar cookie - 1.1 oz