

## Exhibit B-4 Summer Food Service Program Meal Pattern

Summer Food Service Program (SFSP) Meal Pattern			
Food Component	Breakfast	Lunch or Supper	Snack Serve any two of the four components (must be two different components)
<b>Milk, fluid</b> Flavored or unflavored whole milk, low-fat milk, nonfat (skim) milk, and buttermilk <i>Low-fat (1%) or fat-free milk is recommended</i>	1 cup (8 fluid ounces)	1 cup (8 fluid ounces)	1 cup (8 fluid ounces)
<b>Vegetables and Fruits</b> Vegetables and/or fruits or Full-strength (100%) juice <sup>1</sup> (fruit, vegetable or combination)	1/2 cup	3/4 cup total	3/4 cup
	1/2 cup (4 fluid ounces)	2 fruits/vegetables <sup>2</sup>	3/4 cup (6 fluid ounces) <sup>3</sup>
<b>Grains and Breads<sup>4</sup></b> Bread or Cornbread, biscuits, rolls, muffins, etc.	1 slice	1 slice	1 slice
Cold dry cereal	3/4 cup or 1 ounce	3/4 cup or 1 ounce	3/4 cup or 1 ounce
Cooked cereal	1/2 cup	1/2 cup	1/2 cup
Cooked pasta or noodle products	1/2 cup	1/2 cup	1/2 cup
Cooked cereal grains	1/2 cup	1/2 cup	1/2 cup
<b>Meat and Meat Alternates</b> Lean meat or poultry or fish <sup>5</sup>	<b>Optional</b>	2 ounces	1 ounce
Alternate protein products		2 ounces	1 ounce
Cheese		2 ounces	1 ounce
Cottage cheese		1/2 cup	1/4 cup
Eggs		1 large egg	1/2 large egg
Cooked dry beans or peas		1/2 cup	1/4 cup
Peanut butter or soynut butter or other nut or seed butters		4 tablespoons	2 tablespoons
Peanuts or soynuts or tree nuts or seeds <sup>6</sup>		1 ounce = 50 percent	1 ounce
Yogurt, plain or flavored, unsweetened or sweetened		8 ounces or 1 cup	4 ounces or 1/2 cup

<sup>1</sup> Fruit or vegetable juice must be full-strength

<sup>2</sup> Full strength vegetable or fruit juice may be counted to meet not more than one-half of this lunch requirement

<sup>3</sup> Juice cannot be served when milk is the only other snack component.

<sup>4</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified

<sup>5</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.

<sup>6</sup> Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement.