

Summer Food Service Program Meal Pattern Requirements

Milk, Fluid Component	Breakfast Serving Size	Lunch/Supper Serving Size	Snack Serving Size
Fluid Milk (whole, low-fat, or fat-free) flavored or unflavored	8 fluid ounces (1 cup)	8 fluid ounces (1 cup)	8 fluid ounces (1 cup)

Meat/Meat Alternates Component	Breakfast Serving Size ¹	Lunch/Supper Serving Size	Snack Serving Size
Lean meat or poultry or fish	1 ounce	2 ounces	1 ounce
Soy products or alternate protein products (APP)	1 ounce	2 ounces	1 ounce
Cheese	1 ounce	2 ounces	1 ounce
Eggs, large	½	1	½
Cooked dry beans or peas	¼ cup	½ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tablespoons	4 tablespoons	2 tablespoons
Peanuts or soy nuts or tree nuts or seeds	1 ounce	1 ounce= 50% ²	1 ounce
Yogurt, plain or flavored, unsweetened or sweetened	4 ounces or ½ cup	8 ounces or 1 cup	4 ounces or ½ cup

Vegetables/Fruits Component	Breakfast Serving Size	Lunch/Supper Serving Size	Snack Serving Size
Fresh, canned, frozen fruits and vegetables	½ cup	¾ cup total ³	¾ cup
Full-strength fruit or vegetable juice	½ cup (4 fluid ounces)	¾ cup (6 fluid ounces)	¾ cup ⁴ (6 fluid ounces)

Grains/Breads Component	Breakfast Serving Size	Lunch/Supper Serving Size	Snack Serving Size
Whole grain or enriched bread	1 slice	1 slice	1 slice
Whole grain or enriched bread products, e.g., cornbread, biscuits, rolls	1 serving	1 serving	1 serving
Whole grain, enriched, or fortified ready-to-eat breakfast cereal (dry, cold)	¾ cup or 1 ounce	¾ cup or 1 ounce	¾ cup or 1 ounce
Whole grain, enriched, or fortified cooked breakfast cereal, cereal grain, rice, or pasta	½ cup	½ cup	½ cup
Whole grain or enriched savory crackers and sweet crackers, e.g., animal crackers and graham crackers	1 serving	1 serving	1 serving

¹Meat/meat alternate is optional breakfast.

²No more than 50% 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.

³Serve two or more kinds of vegetables or fruits or a combination of both. Full-strength vegetable or fruit juice may be counted to meet not more than ½ of this requirement.

⁴Juice may not be served when milk is served as the only other component. Serve two of the four components for snack.