











# Summer Food Service Program

## Meal Pattern
















### Breakfast

		Serving Size	
	<b>Fluid Milk</b>		1 cup
	<b>Juice or Fruit or Vegetable</b>		1/2 cup
	<b>Grains/Breads</b>		
	<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\*\*

	<b>Fluid Milk</b>		1 cup
	<b>Juice or Fruit or Vegetable</b>		3/4 cup
	<b>Meat or Meat Alternate</b>		1 ounce
	<b>Grains/Breads</b>		
	<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

	<b>Fluid Milk</b>		1 cup
	<b>Lean Meat or Poultry or Fish or</b>		2 ounces
	<b>Alternate Protein Products or</b>		2 ounces
	<b>Cheese or</b>		2 ounces
	<b>Egg (Large) or</b>		1 egg
	<b>Cooked Dry Beans or Peas or</b>		1/2 cup
	<b>Peanut Butter, Soybean Butter, or Nut or Seed Butters or</b>		4 T
	<b>Peanuts, Soybeans, Tree Nuts or Seeds or</b>		1 oz = 50%
	<b>Yogurt, Plain or Flavored, Unsweetened or Sweetened</b> or an equivalent quantity of any combination of the above meat/meat alternates		8 ounces or 1 cup
	<b>Vegetables and/or Fruits (2 or more)</b> <i>2 separate servings of vegetable and/or fruit</i>		3/4 cup total
	<b>Bread</b>		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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