

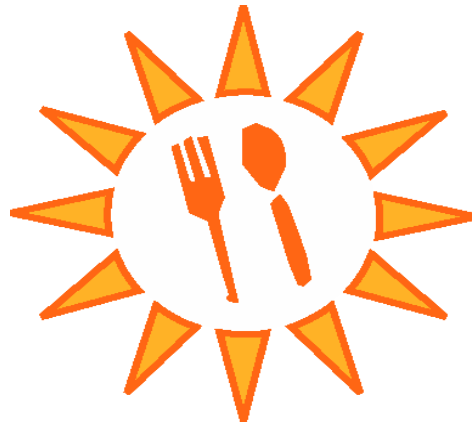
# SFSP Breakfast Meal Pattern





- ✓ 1 milk
- ✓ 1 fruit/vegetable
- ✓ 1 grains/breads
- ✓ 1 meat/meat alternate (optional)





- For breakfast to be a reimbursable meal, it must contain three different food items.





# Offer Versus Serve

- ✓ A minimum of four required food items must be offered.
- ✓ Three must be from the required components (fruit/veggie, milk, grain).
- ✓ The fourth may be a different item from one of those components or a meat/meat alternate.
- ✓ Students must select three different of the four required food items.



# Milk

- **Milk**

Milk, fluid

1 cup (8 fl. oz.)



# Vegetables/Fruits

- **Vegetables and/or Fruits**

Vegetable(s) and/or fruit(s) or  
100% vegetable or fruit juice or  
or any combination

½ cup



# Grains – 1 oz. equivalent

## whole-grain or enriched

- Bread 1 slice
- Cornbread, biscuits, rolls, muffins 1 serving
- Cold dry cereal: whole-grain/enriched/fortified  $\frac{3}{4}$  cup or 1 oz.
- Cooked pasta or noodle product  $\frac{1}{2}$  cup
- Cooked cereal or cereal grains  $\frac{1}{2}$  cup
- an equivalent quantity of any combination of grains/breads



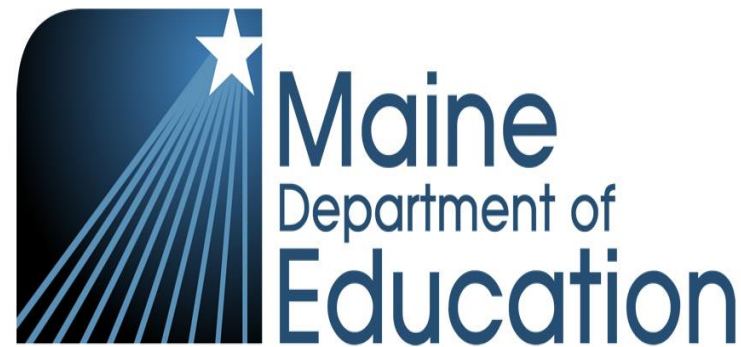
# Meat/Meat Alternate (Optional)

## 1 oz. equivalent

- Lean meat/poultry/fish/other protein 1 oz.
- Cheese 1 oz.
- Eggs  $\frac{1}{2}$  large egg
- Cooked dry beans or peas  $\frac{1}{4}$  cup
- Nut/seed butters 2 tablespoons
- Peanuts/soy nuts/tree nuts/seeds 1 oz.
- Yogurt 4 oz. or  $\frac{1}{2}$  cup
- any equivalent quantity of any combination of the above meat/meat alternates.







<http://www.maine.gov/doe/nutrition/programs/sfsp/index.html>

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