SFSP Breakfast Meal Pattern

Friends, Fun & Free Food!
with the Summer Food Program
✓ 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.
✓ 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, 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 ¾ cup or 1 oz.
- Cooked pasta or noodle product ½ cup
- Cooked cereal or cereal grains ½ 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: ½ large egg
- Cooked dry beans or peas: ¼ cup
- Nut/seed butters: 2 tablespoons
- Peanuts/soy nuts/tree nuts/seeds: 1 oz.
- Yogurt: 4 oz. or ½ cup
- any equivalent quantity of any combination of the above meat/meat alternates.
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http://www.maine.gov/doe/nutrition/programs/sfsp/index.html