

# SFSP LUNCH MEAL PATTERN



# Lunch/Supper Meal Pattern must contain 4 components (5 items)



- ✓ 1 milk
- ✓ 2 fruits/vegetables
- ✓ 1 grains
- ✓ 1 meat/meat alternate



# Milk

- **Milk**

Milk, fluid

1 cup (8 fl. oz.)



# Fruit/Vegetables

## $\frac{3}{4}$ Cup

- **Vegetables and/or Fruits**

Vegetable(s) and/or fruit(s) or  $\frac{3}{4}$  cup (2 different kinds)  
100% vegetable or fruit juice or  
or any combination



# 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

## 2 oz. equivalent

- Lean meat/poultry/fish/other protein 2 oz.
- Cheese 2 oz.
- Eggs 1 large egg
- Cooked dry beans or peas  $\frac{1}{2}$  cup
- Nut/seed butters 4 tablespoons
- Peanuts/soy nuts/tree nuts/seeds 1 oz. = 50%
- Yogurt 8 oz. or 1 cup
- any equivalent quantity of any combination of the above meat/meat alternates.



# Fruit/Vegetable Component

Children must be offered either:

- two different veggies
- two different fruits
- 1 fruit/1 veggie

All together must equal  $\frac{3}{4}$  cup.



## Reminders:

- 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/supper requirement.
- Beans may count as either a vegetable or a meat/meat alternate, but cannot count for both in same meal

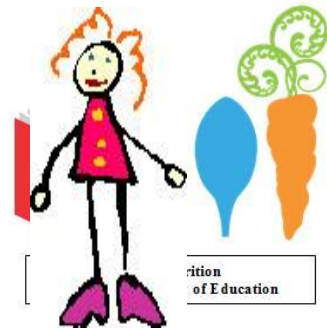


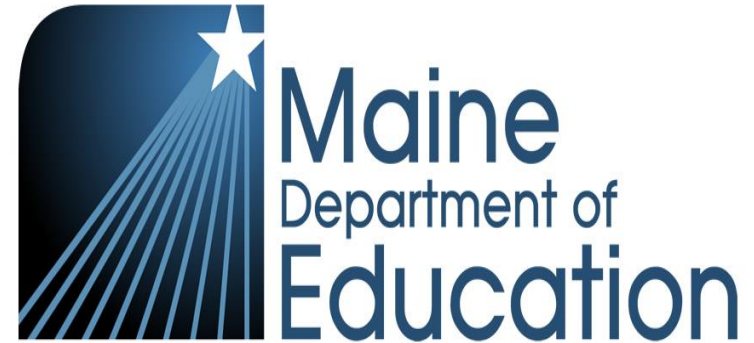


# Offer Versus Serve



- ✓ The child must be *offered* five food items from the four food components.
- ✓ Children must select at least three different components.





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

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