SFSP LUNCH MEAL PATTERN

Friends, Fun & Free Food!
with the Summer Food Program
Lunch/Supper Meal Pattern must contain 4 components (5 items)

✓ 1 milk
✓ 2 fruits/vegetables
✓ 1 grains
✓ 1 meat/meat alternate
• 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 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
2 oz. equivalent

- Lean meat/poultry/fish/other protein 2 oz.
- Cheese 2 oz.
- Eggs 1 large egg
- Cooked dry beans or peas ½ 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.
✓ 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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