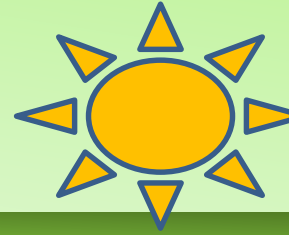


SFSP Snack Meal Pattern



Snack



Must contain at least two of the four components

- ✓ milk
- ✓ fruit/vegetable
- ✓ grains/bread
- ✓ meat/meat alternate



Milk

- **Milk**

Milk, fluid

1 cup (8 fl. oz.)



Fruit/Vegetable

- **Vegetables and/or Fruits**

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

$\frac{3}{4}$ 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

2 oz. equivalent

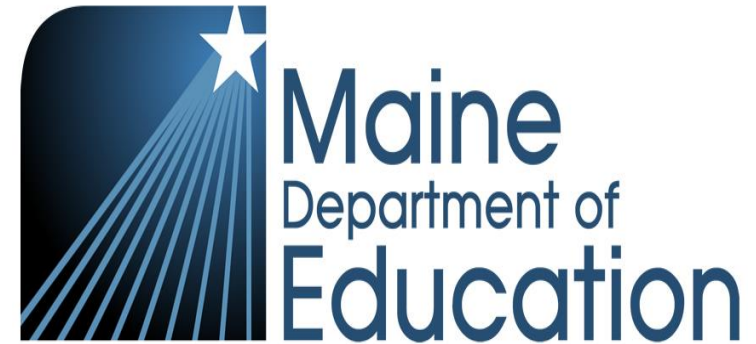
- Lean meat/poultry/fish/other protein 1 oz.
- Cheese 1 oz.
- Eggs $\frac{1}{2}$ large egg
- Cooked dry beans or peas $\frac{1}{4}$ cup
- Nut/seed butters 2 tablespoons
- Peanuts/soy nuts/tree nuts/seeds 1 oz.
- Yogurt 4 oz. or $\frac{1}{2}$ cup
- any equivalent quantity of any combination of the above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



Reminders:

- Non-sweet snack products such as hard pretzels, hard bread sticks, and chips made from whole-grain or enriched meal or flour can be used to meet the bread requirement.
- Juice and milk alone is not an allowable snack. This liquid combination is not substantial enough.
- No Offer vs. Serve option for snack.





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

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