SFSP Snack Meal Pattern

Friends, Fun & Free Food!
with the Summer Food Program
Snack

Must contain at least two of the four components

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

- Milk, fluid  1 cup (8 fl. oz.)
• Vegetables and/or Fruits
Vegetable(s) and/or fruit(s) or ¾ cup
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
<table>
<thead>
<tr>
<th>Item</th>
<th>Equivalent Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean meat/poultry/fish/other protein</td>
<td>1 oz.</td>
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<tr>
<td>Cheese</td>
<td>1 oz.</td>
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<tr>
<td>Eggs</td>
<td>½ large egg</td>
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<tr>
<td>Cooked dry beans or peas</td>
<td>¼ cup</td>
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<tr>
<td>Nut/seed butters</td>
<td>2 tablespoons</td>
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<tr>
<td>Peanuts/soy nuts/tree nuts/seeds</td>
<td>1 oz.</td>
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<tr>
<td>Yogurt</td>
<td>4 oz. or ½ cup</td>
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<tr>
<td>any equivalent quantity of any combination of the above meat/meat alternates</td>
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</tbody>
</table>
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.
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