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| Name of site: | **Week of:** |

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| Food Component 1 | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Milk** (1 cup) 2  Age 1: whole milk recommended  Ages 2 and older: low-fat (1%)  or fat-free milk recommended |  |  |  |  |  |
| Meat/meat alternatesMeat, poultry, or fish (1 ounce) 3Alternate protein product (1 ounce) 4Cheese (1 ounce)Cottage cheese (¼ cup)Egg (½ large)Cooked dry beans and peas (¼ cup) 5Nut and seed butters (2 tablespoons)Nuts and seeds (1 ounce) 6 Yogurt or soy yogurt (½ cup) 7 Tofu (4.4 ounces (½ cup) 8  *Or any combination of the above* |  |  |  |  |  |
| **Vegetables/fruits** (¾ cup) 9, 10 |  |  |  |  |  |
| Grains/breads 11, 12, 13Bread (1 slice)Bread product, e.g., biscuit, roll, or muffin (1 serving 12)Ready-to-eat breakfast cereal  (¾ cup or 1 ounce) 14Cooked breakfast cereal (½ cup) 14Cereal grain (½ cup) 15Pasta (½ cup)Crackers (1 serving 12) *Or any combination of the above* |  |  |  |  |  |
| Noncreditable foods (condiments) 16  *Do not credit toward SFSP meal pattern* |  |  |  |  |  |

**◀ See page 2 for important menu planning notes ▶**

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| **Menu planning notes** |
| 1 Meals must contain the minimum amount of each component. Larger portions may be appropriate to meet older children’s nutrition needs. Use the U.S. Department of Agriculture’s (USDA) [*Food Buying Guide for Child Nutrition Programs*](https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs)to determine the amount of purchased food that meets the requirements. For processed foods, review the product’s Child Nutrition (CN) label or product formulation statement (PFS). For more information, refer to the Connecticut State Department of Education’s (CSDE) resources, [*Using Child Nutrition (CN) Labels in the Summer Food Service Program*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CN_Labels_SFSP.pdf), [*Using Product Formulation Statements in the Summer Food Service Program*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Product_Formulation_Statements_SFSP.pdf), and [*Accepting Processed Product Documentation in the Summer Food Service Program*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Accepting_Processed_Product_Documentation_SFSP.pdf). Foods made from scratch must have a recipe that documents crediting information. For more information, visit the “[Crediting Foods Made from Scratch](https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#CreditingFoodsScratch)” and “[Crediting Commercial Processed Products](https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#CreditingCommercialProcessedProducts)” sections of the CSDE’s SFSP webpage.  2 Milk must be pasteurized and meet state and local standards. Allowable types of milk include unflavored or flavored pasteurized whole milk, reduced-fat (2%) milk, low-fat (1%) milk, fat-free milk, buttermilk, lactose-reduced milk, and acidophilus milk. Recommended types of milk include unflavored whole milk for age 1; unflavored low-fat or fat-free milk for ages 2-5; and unflavored or flavored low-fat or fat-free milk for ages 6 and older. At breakfast, milk may be served as a beverage, on cereal, or both. At lunch and supper, milk must be served as a beverage. For more information, refer to the CSDE’s resource, [*Requirements for the Milk Component of the Summer Food Service Program Meal Patterns*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component_Milk_SFSP.pdf).  3 The MMA servings refer to the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. The USDA recommends limiting processed meats and poultry (such as hot dogs, bologna, luncheon meat, pepperoni, and sausages) to no more than once per week; and serving low-fat or reduced-fat cheeses. For more information, refer to the CSDE’s resources, [*Requirements for the Meat/Meat Alternates Component of the Summer Food Service Program Meal Patterns*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component_MMA_SFSP.pdf)*,* [*Crediting Commercial Meat/Meat Alternate Products in the Summer Food Service Program*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Commercial_MMA_SFSP.pdf)*,* and[*Crediting Deli Meats in the Summer Food Service Program*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Deli_SFSP.pdf)*.*  4 Alternate protein products must meet the USDA requirements in [Appendix A](https://www.ecfr.gov/cgi-bin/text-idx?SID=9a204059a02f38af6ec6f40aa14d0741&mc=true&node=pt7.4.225&rgn=div5#ap7.4.225_120.a) to Part 225 of the SFSP regulations and require a CN label or PFS. For more information, refer to the CSDE’s resource,[*Requirements for Alternate Protein Products in the Summer Food Service Program*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/APP_Requirements_SFSP.pdf)*.*  5 Legumes (cooked dry beans and peas) credit as either the meat/meat alternates component or the vegetables component, but one serving cannot credit as both components in the same meal or snack. For more information, refer to the CSDE’s resource, [*Crediting Legumes in the Summer Food Service Program*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Legumes_SFSP.pdf).  6 Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts. At lunch and supper, nuts and seeds cannot credit for more than half (1 ounce) of the meat/meat alternates requirement and must be combined with another MMA to meet the required 2-ounce serving. For more information, refer to the CSDE’s resource, [*Crediting Nuts and Seeds in the Summer Food Service Program*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Nuts_Seeds_SFSP.pdf).  7 Yogurt and soy yogurt may be plain or flavored; sweetened or unsweetened; and may contain added fruit, either blended or on the bottom. Fruit that is part of commercially prepared yogurt (either blended, mixed, or on the bottom or top) does not credit toward the vegetables/fruits component. The USDA recommends serving low-fat or reduced-fat yogurt. To increase nutrient variety, the CSDE recommends not serving yogurt when milk is the only other snack component. For more information, refer to the CSDE’s resource, [*Crediting Yogurt in the Summer Food Service Program*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Yogurt_SFSP.pdf).  8 Tofu must contain at least 5 grams of protein in 2.2 ounces (¼ cup) to credit as 1 ounce of MMA. For more information, refer to the CSDE’s resource, [*Crediting Tofu and Tofu Products in the Summer Food Service Program*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Tofu_SFSP.pdf).  9 Thevegetables/fruits component includes fresh, frozen, and canned vegetables; fresh, frozen, dried, and canned fruit (packed in water, full-strength juice, or light syrup); and pasteurized full-strength juice (fruit, vegetable, or combination). A serving of fruit may include the juice in which it is packed. A serving of cooked vegetables must be drained. Lunch and supper must contain at least two *different* servings of vegetables and/or fruits (two different vegetables, two different fruits, or one vegetable and one fruit). Mixed vegetables and mixed fruits credit as only one of the two required servings. Two forms of the same fruit or vegetable are not allowed, such as orange and orange juice or apple and applesauce. For more information, refer to the CSDE’s resource, [*Requirements for the Vegetables/Fruits Component of the Summer Food Service Program Meal Patterns*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component_Vegetables_Fruits_SFSP.pdf). |
| **Menu planning notes**, *continued* |
| 10 Juice must be pasteurized 100 percent full-strength. At lunch and supper, juice cannot credit for more than half (⅜ cup) of the required ¾-cup serving of the vegetables/fruits component. For more information, refer to the CSDE’s resource, [*Crediting Juice in the Summer Food Service Program*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Juice_SFSP.pdf).  11 Grains and breads must be whole grain, enriched, or contain a blend of whole and enriched grains. Bran and germ credit the same as enriched and whole grains. The USDA recommends serving whole grains most often. For more information, refer to the CSDE’s resources, [*Crediting Whole Grains in the Summer Food Service Program*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Whole_Grains_SFSP.pdf)*,* [*Crediting Enriched Grains in the Summer Food Service Program*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Enriched_Grains_SFSP.pdf), and [*Requirements for the Grains/Breads Component of the Summer Food Service Program Meal Patterns*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component_Grains_Breads_SFSP.pdf). Some commercial grain products require a PFS to credit (refer to the CSDE’s resource, [*When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program*](https://portal.ct.gov/SDE/Nutrition/-/media/SDE/Nutrition/SFSP/MealPattern/When_Commercial_Grain_Products_Require_PFS_SFSP.pdf)).  12 Servings of grains and breads must meet the applicable weight (groups A-G) or volume (groups H-I) in [*Serving Sizes for Grains/Breads in the Summer Food Service Program*](https://portal.ct.gov/SDE/Nutrition/-/media/SDE/Nutrition/SFSP/MealPattern/Servings_Grains_Breads_SFSP.pdf)or provide the minimum creditable grains per serving. For more information, refer to the CSDE’s resources, [*Calculation Methods for Grains/Breads Servings in the Summer Food Service Program*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Grain_Calculation_SFSP.pdf)and [*When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program*,](https://portal.ct.gov/SDE/Nutrition/-/media/SDE/Nutrition/SFSP/MealPattern/When_Commercial_Grain_Products_Require_PFS_SFSP.pdf) and visit the “[Serving Size for Grains/Breads](https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#ServingSizeGrainsBreads)” section of the SFSP webpage.  13 Grain-based desserts do not credit at lunch or supper, e.g., cookies, granola bars, cereal bars, sweet rolls, pastries, fruit turnovers, and cake. Grain-based desserts are identified in the CSDE’s resource, [*Serving Sizes for Grains/Breads in the Summer Food Service Program*](https://portal.ct.gov/SDE/Nutrition/-/media/SDE/Nutrition/SFSP/MealPattern/Servings_Grains_Breads_SFSP.pdf).  14 Cold RTE breakfast cereals and hot cooked breakfast cereals must be whole grain, enriched, or fortified. One serving of RTE breakfast cereal must measure ¾ cup or weigh 1 ounce, whichever is less. One serving of hot breakfast cereal must measure ½ cup cooked or weigh 25 grams dry. For more information, refer to the CSDE’s resource, [*Crediting Breakfast Cereals in the Summer Food Service Program*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Cereals_SFSP.pdf)*.*  15 Examples of cereal grains include amaranth, barley, brown rice, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat. One serving of cereal grains must measure ½ cup cooked or weigh 25 grams dry.  16 SFSP funds cannot be used to purchase noncreditable foods, except for condiments served with creditable foods. Examples of condiments include cream cheese, syrup, jam, ketchup, mustard, and mayonnaise. For more information, refer to the CSDE’s resource, [*Noncreditable Foods in the Summer Food Service Program*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/Noncreditable_Foods_SFSP.pdf)*.* |

For more information, visit the [Meal Patterns for the SFSP](https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/How-To#MealPatterns) and [Crediting Foods in the SFSP](https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents) sections of the CSDE’s SFSP webpage, or contact the [Summer Meals staff](https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Contact) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/Menu_Form_SFSP_Lunch_Supper.pdf>.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/BreakfastMenuFormSFSP.pdf>.



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