

Summer Food Service Program (SFSP) Meal Patterns

Food Component ¹	Breakfast	Lunch or Supper	Snack ² Serve <i>any two</i> of the four components (must be two <i>different</i> components)
Milk (1 cup) ³ Age 1: whole milk Ages 2 and older: low-fat (1%) or fat-free milk	1 cup (8 fluid ounces)	1 cup (8 fluid ounces)	1 cup (8 fluid ounces)
Vegetables and Fruits ⁴ Vegetables and/or fruits or Full-strength 100% juice (fruit, vegetable or combination) ⁵	½ cup	¾ cup ^{4,5}	¾ cup
Grains and Breads ^{6,7,8} Bread or	1 slice	1 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc.	1 serving	1 serving	1 serving
Cold dry cereal ⁹	¾ cup or 1 ounce	¾ cup or 1 ounce	¾ cup or 1 ounce
Cooked breakfast cereal ⁹	½ cup	½ cup	½ cup
Cooked pasta or noodle products	½ cup	½ cup	½ cup
Cooked cereal grains ¹⁰	½ cup	½ cup	½ cup
Meat and Meat Alternates Lean meat, poultry, or fish ¹¹	Optional	2 ounces	1 ounce
Alternate protein products ¹²		2 ounces	1 ounce
Cheese		2 ounces	1 ounce
Cottage cheese		½ cup	¼ cup
Eggs		1 large egg	½ large egg
Cooked dry beans or peas ¹³		½ cup	¼ cup
Peanut butter or soynut butter or other nut or seed butters		4 tablespoons	2 tablespoons
Peanuts or soynuts or tree nuts or seeds ¹⁴		1 ounce = 50 percent	1 ounce
Yogurt, plain or flavored, unsweetened or sweetened ¹⁵		8 ounces or 1 cup	4 ounces or ½ cup ¹⁵

◀ See page 2 for important menu planning notes ▶

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Menu planning notes

- ¹ Meals and snacks 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* to determine the amount of purchased food that meets the requirements. For information on crediting processed foods, see the Connecticut State Department of Education's (CSDE) handouts, *Child Nutrition (CN) Labeling Program*, *Product Formulation Statements*, and *Accepting Processed Product Documentation in the SFSP*. Foods made on site must have a standardized recipe that documents crediting information. For more information, visit the [Crediting Foods Prepared on Site](#) and [Crediting Commercial Processed Products](#) sections of the CSDE's SFSP webpage.
- ² Snack must consist of two food items, each from a different food component. For example, apples and carrot sticks are not a reimbursable snack because both food items are from the vegetables/fruits component. Juice cannot be served when milk is the only other snack component. To increase nutrient variety, the CSDE recommends not serving yogurt when milk is the only other snack component.
- ³ Milk must be pasteurized and meet state and local standards. Allowable types of milk include flavored or unflavored or flavored 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, review the CSDE's resource, *Milk Component of the SFSP Meal Patterns*.
- ⁴ The vegetables/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, i.e., two different vegetables, two different fruits, or one vegetable and one fruit. For more information, review the CSDE's resources, *Vegetable/Fruits Component of the SFSP Meal Patterns*.
- ⁵ Juice must be pasteurized 100 percent full-strength. At lunch and supper, juice cannot count for more than half of the vegetables/fruits component. At snack, juice cannot be served when milk is the only other snack component. For more information, review the CSDE's resource, *Crediting Juice in the SFSP*.
- ⁶ Grains/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. Serve whole grains most often. For more information, review the CSDE's resources, *Crediting Whole Grains in the SFSP*, *Crediting Enriched Grains in the SFSP*, and *Grains/Breads Component of the SFSP Meal Patterns*.

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Menu planning notes, *continued*

- ⁷ Servings must meet the applicable weight (groups A-G) or volume (groups H-I) in *Serving Sizes for Grains/Breads in the SFSP*, or provide the minimum creditable grains per serving. For more information, review the CSDE's resource, *Calculation Methods for Grains/Breads Servings in the SFSP*.
- ⁸ The CSDE recommends limiting creditable grain-based desserts to no more than twice per week, between all meals and snacks served in the SFSP. Examples include cookies, animal crackers, graham crackers, granola bars, toaster pastries, sweet rolls, and cake. The CSDE's handout, *Serving Sizes for Grains/Breads in the SFSP*, identifies grain-based desserts with footnote 1 (allowed only at snack) or footnote 2 (allowed only at breakfast and snack).
- ⁹ Cold ready-to-eat (RTE) breakfast cereals and hot cooked breakfast cereals must be whole grain, enriched, or fortified. One serving of cold breakfast cereal must measure $\frac{3}{4}$ cup or weigh 1 ounce, whichever is less. One serving of hot breakfast cereals must measure $\frac{1}{2}$ cup cooked or weigh 25 grams dry. For more information, review the CSDE's resource, *Crediting Breakfast Cereals in the SFSP*.
- ¹⁰ 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 $\frac{1}{2}$ cup cooked or weigh 25 grams dry.
- ¹¹ A serving is the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. For more information, review the CSDE's resources, *Meat/Meat Alternates Component of the SFSP Meal Patterns*, *Crediting Commercial Meat/Meat Alternate Products in the SFSP*, and *Crediting Deli Meats in the SFSP*.
- ¹² Alternate protein products must meet the USDA requirements in [Appendix A](#) to Part 225 of the SFSP regulations. For more information, review the CSDE's resource, *Requirements for Alternate Protein Products in the SFSP*. Tofu does not credit in the SFSP.
- ¹³ Legumes (cooked dry beans and peas) credit as either the meat/meat alternates component or the vegetables component, but not both in the same meal or snack. For more information, review the CSDE's resource, *Crediting Legumes in the SFSP*.
- ¹⁴ 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 of the meat/meat alternates requirement, and must be combined with another meat/meat alternate to meet the required 2-ounce serving. For more information, review the CSDE's resource, *Crediting Nuts and Seeds in the SFSP*.
- ¹⁵ Yogurt may be plain or flavored; sweetened or unsweetened; whole-fat, low-fat, or nonfat; and may contain added fruit, either blended or on the bottom. The USDA recommends serving low-fat or nonfat yogurt for ages 2 and older. Soy yogurt does not credit in the SFSP. To increase nutrient variety, the CSDE recommends not serving yogurt when milk is the only other snack component. For more information, review the CSDE's resource, *Crediting Yogurt in the SFSP*.

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For more information, visit the CSDE's [SFSP](#) website or contact the [Summer Meals staff](#) in the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

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

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