

Summer Food Service Program (SFSP) Meal Patterns

Food Component ¹	Breakfast	Lunch and Supper	Snack ² Serve any 2 of the 4 components (<i>different</i> components)
Milk, fluid ³ Age 1: whole milk recommended Ages 2 and older: low-fat (1%) or fat-free milk recommended	1 cup (8 fluid ounces)	1 cup (8 fluid ounces)	1 cup (8 fluid ounces)
Vegetables and Fruits ⁴ Vegetables, fruits, or any combination 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	1 slice	1 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc.	1 serving	1 serving	1 serving
Cold dry ready-to-eat (RTE) breakfast cereal ⁹	¾ cup or 1 ounce	¾ cup or 1 ounce	¾ cup or 1 ounce
Cooked breakfast cereal ⁹ or cereal grains ¹⁰	½ cup	½ cup	½ cup
Cooked pasta or noodle products	½ cup	½ cup	½ cup
Meat and Meat Alternates (MMA) Lean meat, poultry, or fish ¹¹ , cheese, alternate protein products (APPs) ¹² , or tempeh ¹³	Optional	2 ounces	1 ounce
Surimi ¹⁴		6 ounces	3 ounces
Tofu ¹⁵		4.4 ounces (½ cup)	2.2 ounces (¼ cup)
Cottage cheese		½ cup	¼ cup
Eggs		1 large egg	½ large egg
Cooked dry beans or peas ¹⁶		½ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters		4 tablespoons	2 tablespoons
Peanuts or soy nuts or tree nuts or seeds ¹⁷		1 ounce = 50 percent	1 ounce
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened ¹⁸		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 nutritional 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 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](#), [Using Product Formulation Statements in the Summer Food Service Program](#), and [Accepting Processed Product Documentation in the Summer Food Service Program](#). Foods made from scratch must have a recipe that documents crediting information. For more information, visit the "[Crediting Foods Made from Scratch](#)" 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 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](#).
- 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 (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](#).
- ⁵ Juice must be pasteurized 100 percent full-strength. At lunch and supper, juice cannot credit for more than half ($\frac{3}{8}$ cup) of the required $\frac{3}{4}$ -cup serving of the vegetables/fruits component. At snack, juice cannot be served when milk is the only other snack component. For more information, refer to the CSDE's resource, [Crediting Juice in the Summer Food Service Program](#).
- ⁶ 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](#), [Crediting Enriched Grains in the Summer Food Service Program](#), and [Requirements for the Grains/Breads Component of the Summer Food Service Program Meal Patterns](#). 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](#)).
- ⁷ 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](#) 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](#) and [When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program](#), and visit the "[Serving Size for Grains/Breads](#)" section of the SFSP webpage.

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Menu planning notes, *continued*

- ⁸ Grain-based desserts cannot credit at lunch or supper and are restricted to certain types at breakfast and snack. 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 of grain-based desserts include cookies, granola bars, doughnuts, toaster pastries, sweet rolls, and cake. Sweet crackers (such as animal crackers and graham crackers) credit at all meals and snacks. The CSDE's resource, [Serving Sizes for Grains/Breads in the Summer Food Service Program](#), identifies the allowable grain-based desserts for breakfast and snack.
- ⁹ Cold RTE breakfast cereals and hot cooked breakfast cereals must be whole grain, enriched, or fortified. One serving of RTE breakfast cereal must measure $\frac{3}{4}$ cup or weigh 1 ounce, whichever is less. One serving of hot breakfast cereal must measure $\frac{1}{2}$ 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](#).
- 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 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](#), [Crediting Commercial Meat/Meat Alternate Products in the Summer Food Service Program](#), and [Crediting Deli Meats in the Summer Food Service Program](#).
- ¹² APPs must meet the USDA requirements in [Appendix A](#) to Part 225 of the SFSP regulations and require a CN label or PFS to credit. For more information, refer to the CSDE's resource, [Requirements for Alternate Protein Products in the Summer Food Service Program](#).
- ¹³ For a 1-ounce serving of tempeh to credit as 1 ounce of MMA, the product's ingredients must include only soybeans (or other legumes), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs. Tempeh products that contain other ingredients require a CN label or PFS to document crediting information.
- ¹⁴ Surimi seafood is a pasteurized, ready-to-eat, restructured seafood product usually made from pollock (fish). A CN label or PFS is required for commercial products that indicate a different crediting amount.
- ¹⁵ Tofu must contain at least 5 grams of protein in 2.2 ounces ($\frac{1}{4}$ 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](#).
- ¹⁶ Legumes (cooked dry beans and peas) credit as either the MMA 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](#).
- ¹⁷ 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 MMA 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](#).
- ¹⁸ 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](#).

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For more information, visit the CSDE's [SFSP](#) website or contact the [Summer Meals staff](#) 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/SFSP_Meal_Patterns.pdf.

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