

# Summer Food Service Program (SFSP) Meal Patterns

## SFSP Breakfast Meal Pattern

Breakfasts must include the minimum serving of three meal components. Refer to “[Menu Planning Notes](#)” for important guidance.

Meal components	Minimum serving <sup>1</sup>
<b>Milk, fluid</b> <sup>2</sup> Age 1: whole milk recommended Ages 2 and older: low-fat (1%) or fat-free milk recommended	1 cup (8 fluid ounces)
<b>Vegetables/Fruits</b> <sup>3</sup> Vegetables, fruits, full-strength 100% juice (fruit, vegetable, or combination) <sup>4</sup> or any combination	½ cup
<b>Grains/Breads</b> <sup>5, 6, 7</sup> Bread	1 slice
Cornbread, biscuit, roll, or muffin	1 serving <sup>6</sup>
Cold dry breakfast cereal <sup>8</sup>	¾ cup or 1 ounce
Cooked breakfast cereal (e.g., oatmeal) <sup>8</sup>	½ cup
Cooked pasta or noodles, rice, or cereal grains (e.g., barley, quinoa) <sup>9</sup>	½ cup

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### SFSP Lunch and Supper Meal Pattern

Lunches and suppers must include the minimum serving of four meal components. Refer to “[Menu Planning Notes](#)” for important guidance.

Meal components	Minimum serving <sup>1</sup>
<b>Milk, fluid</b> <sup>2</sup> Age 1: whole milk recommended Ages 2 and older: low-fat (1%) or fat-free milk recommended	1 cup (8 fluid ounces)
<b>Vegetables/Fruits</b> <sup>3</sup> Two different servings of vegetables, fruits, full-strength 100% juice (fruit, vegetable, or combination) <sup>4</sup> or any combination  The two servings cannot include two forms of the same fruit or vegetable, e.g., apple and applesauce. Mixed vegetables and mixed fruits credit as one serving. Juice may credit for up to half of the total requirement.	$\frac{3}{4}$ cup <sup>4, 5</sup>
<b>Grains/Breads</b> <sup>5, 6, 7</sup> Bread	1 slice
Cornbread, biscuit, roll, or muffin	1 serving <sup>6</sup>
Cold dry breakfast cereal <sup>8</sup>	$\frac{3}{4}$ cup or 1 ounce
Cooked breakfast cereal (e.g., oatmeal) <sup>8</sup>	$\frac{1}{2}$ cup
Cooked pasta or noodles, rice, or cereal grains (e.g., barley, quinoa) <sup>9</sup>	$\frac{1}{2}$ cup
<b>Meats/Meat Alternates (MMA)</b> <sup>10</sup> Lean meat, poultry, or fish, cheese, alternate protein products (APPs) <sup>11</sup> , or tempeh <sup>12</sup>	2 ounces
Surimi <sup>13</sup>	6 ounces
Tofu <sup>14</sup>	4.4 ounces ( $\frac{1}{2}$ cup)
Cottage cheese	$\frac{1}{2}$ cup
Eggs	1 large egg
Cooked dry beans, peas, or lentils <sup>15</sup>	$\frac{1}{2}$ cup
Peanut butter or soy nut butter or other nut or seed butters	4 tablespoons
Peanuts or soy nuts or tree nuts or seeds <sup>16</sup>	1 ounce
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened <sup>17</sup>	8 ounces or 1 cup

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### SFSP Snack Meal Pattern

Snacks must include the minimum serving of two of the four meal components. Juice cannot be served when milk is the only other snack component. To increase nutrient variety, yogurt should not be served when milk is the only other snack component. Refer to “[Menu Planning Notes](#)” for important guidance.

Meal components	Minimum serving <sup>1</sup>
<b>Milk, fluid</b> <sup>2</sup> Age 1: whole milk recommended Ages 2 and older: low-fat (1%) or fat-free milk recommended	1 cup (8 fluid ounces)
<b>Vegetables/Fruits</b> <sup>3</sup> Two different servings of vegetables, fruits, full-strength 100% juice (fruit, vegetable, or combination) <sup>4</sup> or any combination	$\frac{3}{4}$ cup
<b>Grains/Breads</b> <sup>5, 6, 7</sup> Bread	1 slice
Cornbread, biscuit, roll, or muffin	1 serving <sup>6</sup>
Cold dry breakfast cereal <sup>8</sup>	$\frac{3}{4}$ cup or 1 ounce
Cooked breakfast cereal (e.g., oatmeal) <sup>8</sup>	$\frac{1}{2}$ cup
Cooked pasta or noodles, rice, or cereal grains (e.g., barley, quinoa) <sup>9</sup>	$\frac{1}{2}$ cup
<b>Meats/Meat Alternates (MMA)</b> <sup>10</sup> Lean meat, poultry, or fish, cheese, alternate protein products (APPs) <sup>11</sup> , or tempeh <sup>12</sup>	1 ounce
Surimi <sup>13</sup>	3 ounces
Tofu <sup>14</sup>	2.2 ounces ( $\frac{1}{4}$ cup)
Cottage cheese	$\frac{1}{4}$ cup
Eggs	$\frac{1}{2}$ large egg
Cooked dry beans, peas, or lentils <sup>15</sup>	$\frac{1}{4}$ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tablespoons
Peanuts or soy nuts or tree nuts or seeds <sup>16</sup>	1 ounce
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened <sup>17</sup>	4 ounces or $\frac{1}{2}$ cup

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## Menu Planning Notes

- <sup>1</sup> Meals and snacks must include the minimum serving of each required meal 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](#) (FBG) to determine the amount of purchased food that meets the meal pattern requirements. Commercial processed products (e.g., pizza, deli meats, hotdogs, and hummus) require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information unless they are listed in the FBG. SFSP sponsors must verify PFS forms for accuracy prior to purchasing, serving, and claiming the product in reimbursable meals and snacks. 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. The USDA encourages SFSP sponsors to use standardized recipes because they ensure accurate meal component contributions and document that menus meet the meal pattern requirements. For more information on the required crediting documentation visit the CSDE's [Crediting Documentation for the Child Nutrition Programs](#) webpage.
- <sup>2</sup> Milk must be pasteurized and meet state and local standards. Allowable types of milk include unflavored or flavored whole milk, reduced-fat milk, low-fat milk, fat-free milk, buttermilk, lactose-reduced milk, and acidophilus milk. The [Dietary Guidelines for Americans](#) recommends 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 and snack, 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](#), and visit the "Milk" section of the CSDE's Crediting Foods in the Summer Food Service Program webpage.
- <sup>3</sup> The vegetables/fruits component includes fresh, frozen, and canned vegetables from the five vegetable subgroups (dark green, red/orange, beans, peas, and lentils, starchy, and other); 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 canned fruit may include the juice in which it is packed. A serving of frozen fruit includes the thawed juice. A serving of cooked vegetables must be drained. Lunch and supper must contain at least two different servings of vegetables/fruits (i.e., two different vegetables, two different fruits, or one vegetable and one fruit). Mixed vegetables and mixed fruits credit as one serving. For more information, refer to the CSDE's resource, [Requirements for the Vegetables/Fruits Component of the Summer Food Service Program Meal Patterns](#), and visit the "Vegetables and Fruits" section of the CSDE's Crediting Foods in the Summer Food Service Program webpage.

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- <sup>4</sup> Juice must be pasteurized 100 percent full-strength. At lunch and supper, juice may credit for up to half of the total requirement. At snack, juice cannot be served when milk is the only other snack component. Pureed fruits and vegetables in smoothies credit as juice. For more information, refer to the CSDE's resources, [Crediting Juice in the Summer Food Service Program](#) and [Crediting Smoothies in the Summer Food Service Program](#).
- <sup>5</sup> 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. 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](#), and visit the "Grains and Breads" section of the CSDE's Crediting Foods in the Summer Food Service Program webpage. 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](#)).
- <sup>6</sup> Servings of grains/breads must meet the applicable weight (groups A-G) or volume (groups H-I) in the CSDE's [Servings 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 grains/breads "Serving Requirements" section of the CSDE's Crediting Foods in the Summer Food Service Program webpage.
- <sup>7</sup> Grain-based desserts cannot credit at lunch or supper and are restricted to certain types at breakfast and snack. The CSDE's resource, [Servings for Grains/Breads in the Summer Food Service Program](#), identifies the allowable grain-based desserts for breakfast and snack. Examples include cookies, granola bars and cereal bars, doughnuts, toaster pastries, sweet rolls, and cakes. Sweet crackers (such as animal crackers and graham crackers) are not included in the restrictions for grain-based desserts and may credit at all meals and snacks. The CSDE recommends limiting all creditable grain-based desserts and sweet crackers to no more than twice per week. For more information, refer to the CSDE's [Crediting Grain-based Desserts in the Summer Food Service Program](#).
- <sup>8</sup> Cold 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 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](#).

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- <sup>9</sup> 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.
- <sup>10</sup> 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. Commercial processed products require a CN label or PFS to document crediting information. 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\*](#), and visit the "Meats and Meat Alternates" section of the CSDE's Crediting Foods in the Summer Food Service Program webpage.
- <sup>11</sup> 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\*](#).
- <sup>12</sup> 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.
- <sup>13</sup> 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.
- <sup>14</sup> 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\*](#).
- <sup>15</sup> Cooked dry beans, peas, and lentils credit as either the MMA component or the vegetables/fruits component, but one serving cannot credit as both meal components in the same meal or snack. For more information, refer to the CSDE's resource, [\*Crediting Beans, Peas, and Lentils in the Summer Food Service Program\*](#).

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- <sup>16</sup> Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts. For more information, refer to the CSDE's resource, [\*Crediting Nuts and Seeds in the Summer Food Service Program\*](#).
- <sup>17</sup> 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 meal component at snack. 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 “Meal Patterns” section of the CSDE’s [SFSP](#) website and the CSDE’s [Crediting Foods in School Nutrition Programs](#) 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](https://portal.ct.gov/-/media/sde/nutrition/sfsp/mealpattern/sfsp_meal_patterns.pdf).

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