

Summer Food Service Program Menu Planner

Breakfast						
(Select foods from all three required components)						
Component	Required Amount	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	1 cup (8 fl oz)					
Vegetables and/or Fruits	½ cup					
Grains and Breads Bread Roll, muffins, etc. Cold, dry cereal Cooked pasta Cooked Cereal	1 slice 1 serving ¾ cup or 1 oz ½ cup ½ cup					
Meat/Meat Alternate Meat/Poultry/Fish Cheese Eggs Alternate Protein Cooked dry beans or peas Peanut / Nut Butters Nuts/Seeds Yogurt	(Not Required) 1 oz 1 oz ½ large egg 1 oz ¼ cup 2 Tbsp 1 oz ½ cup					



Lunch						
(Select foods from all 4 of the required components)						
Component	Minimum Required Amount	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	1 cup (8 fl oz)					
Vegetables and/or Fruits	¾ cup (must offer two items)					
Grains and Breads Bread Roll, muffins, etc. Cold, dry cereal Cooked pasta Cooked Cereal	1 slice 1 serving ¾ cup or 1 oz ½ cup ½ cup					
Meat/Meat Alternate Meat/Poultry/Fish Cheese Eggs Alternate Protein Cooked dry beans or peas Peanut / Nut Butters Nuts/Seeds Yogurt	2 oz 2 oz 1 large egg 2 oz ½ cup 4 Tbsp 1 oz (50% of serving) 1 cup					

Snack (Choose 2 of the 4 components)						
Component	Minimum Required Amount	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	1 cup (8 fl oz)					
Vegetables and/or Fruits	¾ cup					
Grains and Breads Bread Roll, muffins, etc. Cold, dry cereal Cooked pasta Cooked Cereal	1 slice 1 serving ¾ cup or 1 oz ½ cup ½ cup					
Meat/Meat Alternate Meat/Poultry/Fish Cheese Eggs Alternate Protein Cooked dry beans or peas Peanut / Nut Butters Nuts/Seeds Yogurt	(Not Required) 1 oz 1 oz ½ large egg 1 oz ¼ cup 2 Tbsp 1 oz ½ cup					