|  |
| --- |
| **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** |  |  |  |  |  |

|  |
| --- |
| **Summer Food Service Program Menu Planner** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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** |  |  |  |  |  |

|  |
| --- |
| **Summer Food Service Program Menu Planner** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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** |  |  |  |  |  |