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

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| **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**BreadRoll, muffins, etc.Cold, dry cerealCooked pastaCooked Cereal | **1 slice****1 serving****¾ cup or 1 oz****½ cup****½ cup** |  |  |  |  |  |
| **Meat/Meat Alternate**Meat/Poultry/Fish CheeseEggsAlternate Protein Cooked dry beans or peasPeanut / Nut ButtersNuts/SeedsYogurt | **(Not Required)****1 oz****1 oz** **½ large egg****1 oz****¼ cup****2 Tbsp****1 oz****½ cup** |  |  |  |  |  |

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

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| **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**BreadRoll, muffins, etc.Cold, dry cerealCooked pastaCooked Cereal | **1 slice****1 serving****¾ cup or 1 oz****½ cup****½ cup** |  |  |  |  |  |
| **Meat/Meat Alternate**Meat/Poultry/Fish CheeseEggsAlternate Protein Cooked dry beans or peasPeanut / Nut ButtersNuts/SeedsYogurt | **2 oz****2 oz****1 large egg****2 oz****½ cup****4 Tbsp****1 oz** (50% of serving)**1 cup** |  |  |  |  |  |

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| **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**BreadRoll, muffins, etc.Cold, dry cerealCooked pastaCooked Cereal | **1 slice****1 serving****¾ cup or 1 oz****½ cup****½ cup** |  |  |  |  |  |
| **Meat/Meat Alternate**Meat/Poultry/Fish CheeseEggsAlternate Protein Cooked dry beans or peasPeanut / Nut ButtersNuts/SeedsYogurt | **(Not Required)****1 oz****1 oz** **½ large egg****1 oz****¼ cup****2 Tbsp****1 oz****½ cup** |  |  |  |  |  |