

Summer Food Service Program Meal Patterns

Food Component	Breakfast (Select foods from all 3 required components)	Lunch or Supper (Select foods from all 4 of the required components)	Snack (Select 2 of the 4 components)
Milk	1 cup (8 fl oz)	1 cup (8 fl oz)	1 cup (8 fl oz)
Vegetables and/or Fruits	½ cup	¾ cup (must offer two items)	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	1 slice 1 serving ¾ cup or 1 oz ½ cup ½ cup	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	2 oz 2 oz 1 large egg 2 oz ½ cup 4 Tbsp 2 oz 1 cup	1 oz 1 oz ½ large egg 1 oz ¼ cup 2 Tbsp 1 oz ½ cup