



Washington Office of Superintendent of
PUBLIC INSTRUCTION

Summer Food Service Program

Multi-Day Issuance Tool Kit

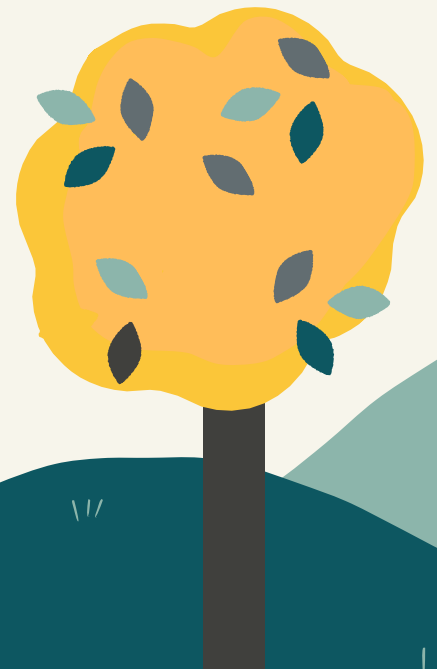


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Summer Food Service Program Multi-Day Issuance: Providing Multiple Meals at a Time

Summer Food Service Program (SFSP) sponsors eligible for non-congregate meal service may provide more than one meal at a time to participants. This can be done in two ways, either by grocery-style bulk distribution or multi-day unitized meal distribution. For example, a summer meal site may distribute 5 days of meals on Monday morning, providing children with breakfast and lunch for the week.

Definitions

Bulk:

Items served in larger sizes or amounts that contribute to multiple reimbursable meals for children.

- Bulk foods include:
 - Foods that normally credit towards reimbursable meals under the SFSP or the SSO;
 - Foods that are recognizable as a meal component in a reimbursable meal, and
 - Foods that do not require much preparation or the addition of other ingredients (aside from water) before eating.

Multi-Day Meal Issuance:

Multiple days' worth of meals are provided at one time, whether unitized or comprised of grocery-style bulk items. This flexibility is allowable for up to 10 days' worth of meals when utilized on its own.

Grocery-style bulk foods:

Food packages containing an amount of food that is more than what is required at a single meal, such as a loaf of bread or a gallon of milk, under the SFSP meal patterns. A bulk food item may provide food to be eaten at more than one meal. This flexibility is allowable for up to 5 days' worth of meals when combined with the multi-day issuance flexibility. This 5-day allowance applies even if only one component such as milk is served as a grocery-style bulk item.

Unitized meals:

Meals are considered unitized when meal components are provided and packaged in amounts for a single meal. For example, a unitized breakfast for SFSP might include 8 fl oz (1 cup) milk, 1 serving of cereal, and 1/2 cup fruit.

Considerations for Multi-Day Meal Issuance

What Meals and Snacks Can Sponsors Claim for Reimbursement per Child, per Day?

- Breakfast and lunch;
- Breakfast and snack;
- Lunch and snack;
- Breakfast and supper;
- Two snacks; or
- Supper and snack.

Sites approved to operate as migrant sites can claim up to 3 meal types daily. Allowable combinations include:

- Breakfast, Lunch and Supper
- Breakfast, Lunch and Snack
- Lunch, Supper and Snack
- Any combination of meals or snacks that is less than the maximum number allowed.

★ **Reminder: Sponsors may not claim second meals at non-congregate meal service sites. OSPI must disallow claims if it determines sponsors served second meals at a non-congregate meal service site.**

What Should Sponsors Consider When Deciding How Many Days of Meals to Provide at a Time?

- How long foods may be safely stored before eating.
- How long foods can be stored before food quality suffers.
- Available refrigerator and freezer space for participants to store the amounts of food and milk provided.
- Food storage space at the summer site and on meal delivery vehicles (such as buses or food trucks).
- Whether fewer pick-up days and times will decrease access to meals for some children.
- The level of meal variety and quality the sponsor can provide.

What Should Sponsors Consider When Planning Meal Distribution?

- How long will meal distribution last? How will you adjust this as needed?
- Will you provide the same type of meal service at all sites?
- Will you combine service styles or allowable flexibilities?
- How will you estimate the number of meals needed?
- How do you plan to advertise? Does your community respond best to social media, paper flyers, or a signup sheet?
- For sites serving a large community, ensure staffing is sufficient to support breaks. Consider having one person in charge of checking in with all staff and volunteers to ensure they drink water and take breaks as needed.

Documentation of Meal Components

When providing multiple meals at a time, sponsors must continue to:

- Maintain menu records that show the served meal components and quantities.
- Keep supporting menu documentation, such as nutrition/CN labels, recipes, and manufacturer specifications in accordance with Program regulations.
- Submit a menu of their meal pattern requirements with their SFSP application each year. This helps ensure that meal pattern requirements and quantities are met, along with meal quality and nutritional variety, before the summer meal service starts.

See <https://ospi.k12.wa.us/policy-funding/child-nutrition/summer-food-service-program/menu-planning-and-meal-patterns> for more information on meal pattern requirements.

★ Tip: About 1/4 cup of dry pasta makes 1/2 cup of cooked pasta. About 1/6 cup of dry rice makes 1/2 cup of cooked rice. This will vary by type and size of pasta or rice grain. Please use the [USDA Food Buying Guide](#) for more precise conversions.

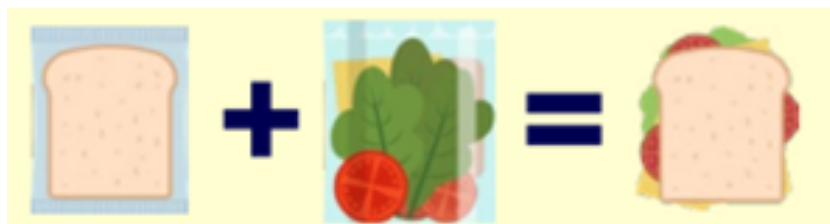
Menu Reminder

As with all Child Nutrition Programs, commercial combination foods require a CN label for documentation and reimbursement. Combination foods include pre-packaged foods like Uncrustables and all deli lunchmeats except ham. Refer to the Canvas training modules or the [Product Documentation Reference Sheet](#) for more information.

★ Tip: use the [USDA Food Buying Guide](#) to estimate how many servings of a vegetable a large bag will provide.

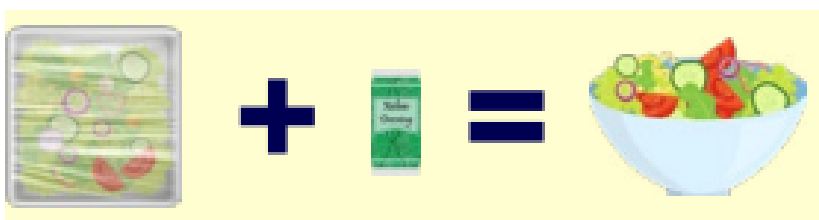
Food Quality

Distributing 3 or more days of meals may present food quality challenges. Below are some tips to consider.

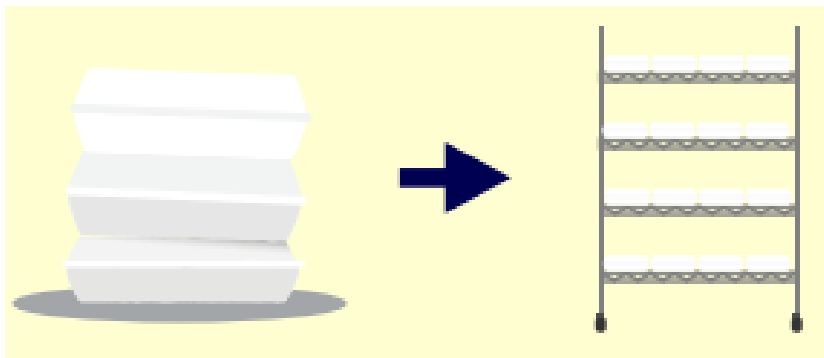


[see page 6 of USDA doc]

For sandwiches and wraps, package bread separately from sandwich fillings and provide instructions on how parents, guardians, and older children can assemble the sandwiches at mealtime.



For pre-made salads, package dressings separately from salad greens and provide instructions on how to dress the salad at home.



Avoid stacking meals to prevent damage. Large rolling carts can help transport meals in single layers.

Meal Pattern Considerations for Sponsors

How will menus be planned to:

- Provide a variety of foods within the required SFSP/SSO meal components to ensure meals meet the nutritional needs of children.
- Provide no more than half of the vegetables/fruits requirement as 100% full-strength juice at lunch and supper.
- Ensure two forms of the same fruit or vegetable are not served in the same meal (for example: an orange and orange juice, or two oranges).

How will “extra” foods contribute toward children’s nutritional needs?

Requirements for Multi-Day Issuance at a Non-Congregate site

- Minimal preparation required by families.
- No cooking: reheating needed only.
- Only self-prep sponsors may provide grocery-style bulk foods.

Meal Accommodations

Sponsors must continue to provide reasonable modifications to Program meals or the meal service to accommodate children with disabilities. See pages [18-20 of the USDA Administrative Guide](#) for more information.

Food Safety

As with congregate meals, non-congregate meal service operations must also meet all State and local health, safety, and sanitation standards, and where applicable, have adequate food preparation and holding facilities as outlined in 7 CFR 225.16(b)(5). However, non-congregate sites have additional food safety considerations.

- State agencies and sponsors are encouraged to implement safeguards to ensure food safety at non-congregate sites.
- Food safety is important for all meal service models.
- Sponsors should choose foods and packaging that will promote food safety.
- Sponsors should include instructions on at-home storage and preparation.

When providing meals, sponsors are encouraged to help parents and guardians identify which foods require refrigeration, cooking, or heating for food safety.

Examples of strategies include:

- Labeling foods that require refrigeration or freezing.
- Providing a list of foods that require refrigeration, freezing, and heating.
- Sorting foods into two different bags prior to distribution - one for refrigerated and frozen foods and another for shelf-stable foods.
- Planning menus that show the use of more perishable foods earlier in the week and frozen or shelf-stable foods later in the week.

In addition, sponsors are encouraged to remind parents and guardians to:

- Wash hands with soap and warm water for at least 20 seconds before preparing or handling food.
- Wash dishes, utensils, tables, and counter tops with hot, soapy water before and after eating food.
- Refrigerate or freeze meals and milk immediately after pick-up or delivery.
- Set home refrigerator temperatures to 40 °F or below, and home freezers to 0 °F or below.
- Eat perishable food (e.g., prepared chicken, cooked pasta, etc.) earlier in the week. Eat shelf-stable or frozen meals (e.g., nut butter, canned foods, and frozen foods) later in the week.
- Reheat prepared foods, like cooked chicken and cooked hamburger patties, to an internal temperature of at least 165 °F for at least 15 seconds. Heat frozen foods according to package instructions.
- Discard leftovers and open containers/packages of refrigerated food within 3-4 days.
- Unopened containers of milk are typically safe for up to 1 week after the sell-by date. Look for signs of spoilage (for example, a bad smell) before drinking milk.

★ Fun Fact: Milk can be frozen and used later as an ingredient in cooking.

Consider distributing a calendar to show visually when to eat menu items:

Monday	Tuesday	Wednesday	Thursday	Friday
Eat perishable food (e.g., prepared chicken, cooked pasta, etc.) earlier in the week.			Eat shelf-stable or frozen meals (e.g. nut butter, canned foods, frozen foods) later in the week	

Documentation of Procedures



- Create written procedures that provide instruction on meal distribution factors and flexibilities approved in WINS. Procedures should be detailed enough for anyone in your organization to follow and understand how to address each part of your distribution at meal service sites. What would someone filling in need to know to be successful?
 - There should be separate procedures for each type of meal distribution your organization uses.
- Parent/Guardian pick-up
 - Procedures must be in place that document meals are only distributed to parents/guardians of eligible children (ex: pre-registration and sign-in sheets) and that duplicate meals are not distributed to any child.
 - For written procedures:
 - Consider the Who, What, Where, When, and How. Be sure each of these items is addressed along with any specific requirements that need to be included provided (mobile route details, meal access, program integrity, and food safety). Would the OSPI reviewer understand how the meal service at this site is done just from reading your procedure?
 - List specific jobs/and or titles that tasks are assigned to, do not use names (example: the Site Supervisor reviews each daily meal count for completion and checks all the numbers provided).
 - This should be reviewed and updated annually or if changes are made that affect the procedure.
- Mobile Routes
 - Each mobile route is considered its own site; individual stops are NOT considered sites.
 - This is different from congregate meal service mobile routes, where each stop is its own meal site.
 - WINS will need to reflect where the mobile site originates from, and times should extend the entire meal service.
- Procedures must be in place that document the specifics of the mobile route, ensuring meal access, program integrity and food safety.

- For written procedures:
 - Consider the Who, What, Where When and How. Be sure each of these items is addressed along with any specific requirements that need to be provided (mobile route details, meal access, program integrity, and food safety). Would the OSPI reviewer understand how the meal service at this site is done just from reading your procedure?
 - List specific jobs/and or titles that tasks are assigned to, do not use names (example: the Site Supervisor reviews each daily meal count for completion and checks all the numbers provided).
 - This should be reviewed and update annually or if changes are made that affect the procedure.
- Include information on addressing and documenting common events that occur: a younger child asks to pick up for their siblings, for example.
- Include days, dates, and times of distribution. Update both your WINS site calendar and your organizations procedures as this changes.

Grocery-Style Bulk vs. Multi-day Unitized Meal Distribution

Grocery-Style Bulk	Unitized Meals
Larger container sizes may be provided, like a gallon of milk or a loaf of bread.	Each meal must include packaged amounts for a single meal only, but multiple meals can be provided at once.
Limit of 5 days.	Limit of 10 days.
Original containers may be provide longer shelf life.	Fully prepared meals may decline in quality more quickly.
Requires planning ahead to ensure the correct number of servings are provided; see page 11 of this toolkit.	Minimal additional planning ahead when compared with single-day distribution.
Consider families' ability to store frozen, refrigerated, and shelf-stable foods.	Consider families' ability to store the unitized meals: do they have room for ten days' worth of small milk containers?
Include additional educational materials for food safety, preparation instructions, meal components, recommended order of serving foods.	Meals are already packaged with the components necessary. Minimal or no preparation is needed.

Grocery-Style Bulk Foods Distribution

Food packages containing an amount of food that is more than what is required at a single meal under the SFSP meal patterns. A bulk food item may provide food to be eaten at more than one meal, for example, a loaf of bread or a gallon of milk.



Providing Foods in “Bulk” Packages

Sponsors may provide bulk food items that contribute to multiple meals for children. Sponsors can provide menus and instructions to communicate to children and families how to portion and serve foods at mealtime. For example, the sponsor may provide a half-gallon of milk, instead of multiple 8-fluid ounces (fl oz) cartons of milk, along with a menu showing that an 8 fl oz (1 cup) serving of milk is part of each breakfast and lunch meal.

What Food Items May be Provided in Bulk?

- Foods that normally credit toward reimbursable meals under the SFSP.
- Foods that are recognizable as a meal component in a reimbursable meal.
- Foods that do not require much preparation or the addition of other ingredients (aside from water) before eating.

Can Frozen Bulk Foods be Provided?

Yes. Frozen foods, which require minimal preparation other than heating, may be provided as part of meals if they meet meal pattern requirements. Providing foods in a frozen state may present a safe way to offer perishable foods for consumption later in the week (for example, 4 or 5 days after distribution).

Food Quantities

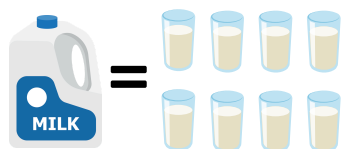
The chart below shows the minimum amount of foods needed to meet meal pattern requirements for breakfast and lunch when providing 3, 4, or 5 days' worth of meals and snacks. Most retail food containers do not equate to meal pattern requirements. For these foods, provide more food than the minimum requirement by rounding up to the next full-size container available as a retail package.

Breakfast (B) and Lunch (L): Minimum Amounts Needed for 3, 4, or 5-day Distribution



1 quart
of milk

4 cups
(32 fl oz)



1/2 gallon
of milk

8 cups
(64 fl oz)

The following charts show how minimum required amounts compare to container sizes commonly available on the retail market. Amounts are based on information from the USDA Food Buying Guide.

	3-day	4-day	5-day
Milk	8 fl oz		
Milk (B)	24 fl oz (3 cups)	32 fl oz (4 cups)	40 fl oz (5 cups)
Milk (L)	24 fl oz (3 cups)	32 fl oz (4 cups)	40 fl oz (5 cups)
Total Milk	1 qt plus 2 cups (48 fl oz)	0.5 gal (64 fl oz)	0.5 gal plus 2 cups (80 fl oz)

oz = ounce
oz eq = ounce equivalent
fl oz = fluid ounce
qts = quarts
gal = gallons

This is a common
container size.

	3-day	4-day	5-day
Applesauce (23-oz jar)	1/2 cup		
Applesauce (B)	0.59 jar (1.5 cups)	0.79 jar (2 cups)	1 jar (2.5 cups)
Applesauce (L)	0.59 jar (1.5 cups)	0.79 jar (2 cups)	1 jar (2.5 cups)
Total Jars (23-oz jars) of Applesauce	1.18 jars (3 cups)	1.58 jars (4 cups)	2 jars (5 cups)

This is a common
container size.

	3-day	4-day	5-day
Fruit Juice	Serving amount varies		
Juice, 100% full-strength (B)	Breakfast: 1/2 cup (4 fl oz)		
	12 fl oz (1.5 cups)	16 fl oz (2 cups)	20 fl oz (2.5 cups)
Juice, 100% full-strength (L)	Lunch 3/8 cup (3 fl oz)		
	9 fl oz (1.13 cups)	12 fl oz (1.5 cups)	20 fl oz (2.5 cups)
Total Juice	21 fl oz (2.63 cups)	28 fl oz (3.5 cups)	35 fl oz (4.38 cups)

Reminder:

Remember, under SFSP meal pattern requirements, pasteurized 100% full-strength juice may only be used to meet up to half of the vegetables/fruit requirement at lunch and supper.

Reminder:

Providing a variety of foods can help children get important nutrients. Look for ways to balance the use of bulk foods with this best practice of providing variety during the week.

	3-day	4-day	5-day
Canned Peaches (16-oz can)	1/2 cup		
Peaches, Sliced (B)	0.94 can (1.5 cups)	1.25 cans (2 cups)	1.56 cans (2.5 cups)
Peaches, Sliced (L)	0.94 can (1.5 cups)	1.25 cans (2 cups)	1.56 cans (2.5 cups)
Total Cans (16-oz cans) of Peaches	1.88 cans (3 cups)	2.5 cans (4 cups)	3.12 cans (5 cups)

Reminder:

Round up when the amount needed is only part of a can. For example, provide 4 full cans if the amount needed is 3.12 cans.

	3-day	4-day	5-day
Canned Pears (15-oz can)	1/2 cup		
Pears, Halves (B)	0.85 can (1.5 cups)	1.14 cans (2 cups)	1.42 cans (2.5 cups)
Pears, Halves (L)	0.85 can (1.5 cups)	1.14 cans (2 cups)	1.42 cans (2.5 cups)
Total Cans (15-oz cans) of Pears	1.7 cans (3 cups)	2.28 cans (4 cups)	2.84 cans (5 cups)
Frozen Strawberries (16-oz bag)	1/2 cup		
Strawberries, Sliced, Sweetened (B)	0.85 bag (1.5 cups)	1.13 bags (2 cups)	1.41 bags (2.5 cups)
Strawberries, Sliced, Sweetened (L)	0.85 bag (1.5 cups)	1.13 bags (2 cups)	1.41 bags (2.5 cups)
Total Bags (16-oz bags) of Strawberries	1.70 bags (3 cups)	2.26 bags (4 cups)	2.82 bags (5 cups)

oz = ounce
 oz eq = ounce equivalent
 fl oz = fluid ounce
 qts = quarts
 gal = gallons

	3-day	4-day	5-day
Canned Green Beans (15-oz can)	1/2 cup		
Green Beans, Cut, Drained, Heated (L)	1.20 cans (1.5 cups)	1.60 cans (2 cups)	2 cans (2.5 cups)
Total Cans (15-oz cans) of Green Beans	1.20 cans (1.5 cups)	1.60 cans (2 cups)	2 cans (2.5 cups)

This is a common container size

	3-day	4-day	5-day
Frozen Broccoli (16-oz bag)	1/2 cup		
Broccoli, Florets (L)	0.43 bag (1.5 cups)	0.57 bag (2 cups)	0.71 bag (2.5 cups)
Total Bags (16-oz bags) of Broccoli	0.43 bag (1.5 cups)	0.57 bag (2 cups)	0.71 bag (2.5 cups)
Frozen Green Beans (16-oz bag)	1/2 cup		
Green Beans (L)	0.52 bag (1.5 cups)	0.69 bag (2 cups)	0.86 bag (2.5 cups)
Total Bags (16-oz bags) of Green Beans	0.52 bag (1.5 cups)	0.69 bag (2 cups)	0.86 bag (2.5 cups)

oz = ounce
 oz eq = ounce equivalent
 fl oz = fluid ounce
 qts = quarts
 gal = gallons

	3-day	4-day	5-day
Bread, Whole Grain-Rich (20-oz loaf)	1 slice		
Bread, Whole Grain-Rich (B)	3 slices	4 slices	5 slices
Bread, Whole Grain-Rich (L)	3 slices	4 slices	5 slices
Total Loaves (20-oz loaf) of Bread	0.3 loaf (6 slices)	0.4 loaf (8 slices)	0.5 loaf (10 slices)

	3-day	4-day	5-day
Canned Black Beans (15.5-oz can)	1/2 cup		
Black Beans (L)	1 can (1.5 cups)	1.35 cans (2 cups)	1.69 cans (2.5 cups)
Total Cans of (15.5-oz cans) Black Beans	1 can (1.5 cups)	1.35 cans (2 cups)	1.69 cans (2.5 cups)
Canned Refried Beans (16-oz can)	1/2 cup		
Refried Beans (L)	0.85 can (1.5 cups)	1.13 cans (2 cups)	1.41 cans (2.5 cups)
Total Cans of (16-oz cans) Refried Beans	0.85 can (1.5 cups)	1.13 cans (2 cups)	1.41 cans (2.5 cups)
Canned Tuna, Chunk Style (6-oz can)	2 oz		
Tuna (L)	1.14 cans (6 oz)	1.52 cans (8 oz)	1.9 cans (10 oz)
Total Cans of (6-oz cans) Tuna	1.14 cans (6 oz)	1.52 cans (8 oz)	1.9 cans (10 oz)
Yogurt, Commercially Prepared (32-oz container)	8 oz		
Yogurt (L)	0.75 container (24 oz)	1 container (32 oz)	1.25 containers (40 oz)
Total Containers (32-oz containers) of Yogurt	0.75 containers (24 oz)	1 container (32 oz)	1.25 containers (40 oz)

oz = ounce
 oz eq = ounce equivalent
 fl oz = fluid ounce
 qts = quarts
 gal = gallons

This is a common container size

Always round up to the next full-size container. For example, if the amount needed is 1.14 cans of tuna, provide 2 full cans.

Offering yogurt for 4 days allows you to provide a 32-oz container without any extra. If you want to offer yogurt for 5 days, you could provide one 32-oz container plus one 8-oz container of yogurt.

This is a common container size

Best Practices

Things to Consider When Offering Bulk Food Items	Best Practices
Parent/Guardian Time and Availability	Offer foods that are pre-prepared and do not require cooking and chopping.
Age/Developmental Abilities of Children Served	Best Practice: Offer fruits and vegetables that are washed, cut, and ready to eat. Think: could a six-year-old prepare and eat this without help?
Literacy Level of Families	Offer foods that require minimal preparation before they are served to children. Provide menus and instructions using pictures and in the primary language spoken at home.
Access to Kitchen Appliances and Cooking Tools	Offer foods that do not require pots, pans, large refrigerators, knives, and other items to prepare or store them.
Access to Potable Water	Offer foods that do not require the addition of water, cooking in water, or washing before eating.
Food Safety Risk	Offer foods that are pre-washed or pre-cooked. Provide food safety instructions using pictures and in the primary language spoken at home.

Consider Participant Preferences

- Include a fan-favorite fruit or vegetable in combination with an unfamiliar fruit or vegetable.
- Consider working with a local farm or farm stand: <https://ospi.k12.wa.us/policy-funding/child-nutrition/farm-summer>.
- Rotate your foods: Try not to use the same meal twice in a two-week period.
- Even if you choose to offer unitized meals with multi-day issuance, consider offering milk in a larger container for better storage for families.
 - If any portion of meals are distributed in grocery-style bulk, like offering a half-gallon of milk, only five days of meals may be distributed at one time.
- Consider Offer Versus Serve (OVS) to allow participants to decline some of the food offered during breakfast, lunch, or supper.
 - Only SFA sponsors that have used OVS during the school year for NSLP are eligible to use OVS at SFSP sites, following the guidelines in 7 CFR 225.16(f)(1)(ii), 210.10(e), and 220.8(e).

Gathering Feedback

Feedback is important! Allowing participants to provide feedback through menu tastings and surveys throughout the operational period provides sponsors with valuable insight. Feedback informs sponsors what participants would like to see on the menu. Check out Team Nutrition's Taste-Testing Event Resources, <https://www.fns.usda.gov/tn/taste-testing-event-resources>. Asking site staff to provide feedback will enhance the feedback collected.

Sponsors should seek feedback from site staff regarding the current menu, food production challenges, ideas to improve food service areas and changes that would improve meals for participants.

Communicating What Makes a Meal

Best practice: provide parents and guardians and older children with a list of the items they are receiving. Include menus showing which foods, and how much of each food, they should serve at each meal. When possible, sponsors should offer this information in multiple languages and use pictures. See examples on pages 18-20.

Sample Family Communication









Use the sample family communication on the next pages as inspiration for what you can send home with families to let them know what's included in their Summer Meals kits.

Sample Parent Communication to Accompany Meals (5 Days of Breakfasts and Lunches)

What's Inside

These bags include meals for your child. They include foods for 5 breakfast and 5 lunch meals.

Cold Bag:



- 1 Half-Gallon and 1 Quart Low-Fast (1%) Milk (96 floz/12 cups) 
- 1 Container Baby Carrots (1/2 cup) 
- 1 Container Celery sticks (1/2 cup) 
- 2 Single-Serve Containers of Low-Fat Ranch Dip (1 oz each) 
- Sliced Turkey (4 oz) 
- Sliced Ham (2 oz) 
- Slide Cheddar Cheese (2 oz) 
- 1 Mozzarella Cheese Stick (1 oz) 

This amount of milk provides 12 servings of milk for your child. Each serving is 1 cup. You will have two cups of milk leftover. Your child can have the extra milk as part of a snack or at another meal.



Serve half of the turkey at lunch on Day 1, and serve the remainder at lunch on Day 2.

Pantry Bag:

- 1 Apple
- 1 Orange
- 1 Plum
- 1 Can Mixed Fruit (15 oz)  after opening
- 1 Can Sliced Peaches (16 oz)  after opening
- 1 Box 100% Grape Juice (4.23 fl oz)
- 1 Box 100% Berry Juice (4.23 fl oz)
- 1 Peanut Butter or Seed Butter Packet (1.15 oz/32 grams)
- 2 Bowls Toasted O's Cereal (1 oz/28 grams each)
- 1 Bowl Corn Flakes Cereal (1 oz/28 grams)
- 1 Blueberry Muffin, Enriched (2 oz/56 grams)
- 1 Apple Muffin, Enriched (2 oz/56 grams)
- 10 Slices of Whole Wheat Bread (1 oz/28 grams each)
- 1 Bag Tortilla Chips, Enriched (1 oz/28 grams)
- 1 Single-Serve Salasa Cup (3.8 oz/108 grams)
- 1 Single-Serve Applesauce Cup (4oz/113 grams)
- 3 Mustard Packets
- 3 Mayonnaise Packets
- 2 Strawberry Jelly Packets
- 10 Utensil Packets

These cans provide mixed fruit and sliced peaches for more than 1 meal for your child. See the menu for amounts for each meal. Remember to refrigerate canned fruits in a food storage container after opening the can.



Store in the refrigerator
at 40 °F or below

See menus on the back of this page.

Sample Parent Communication to Accompany Meals
(5 Days of Breakfasts and Lunches) - Continued

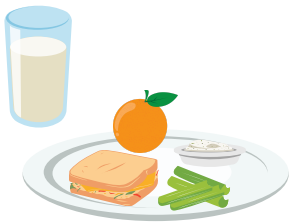
On the Menu | 5 Days of Summer Meals

Day 1 Menu



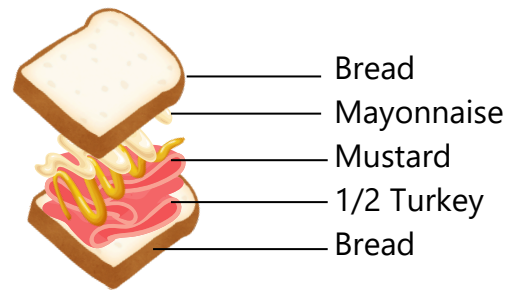
Breakfast

1 Cup Milk
1 Apple
1 Bowl Toasted O's Cereal WG

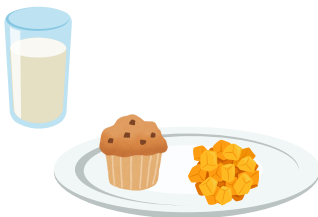


Lunch

1 Cup Milk
1 Orange
1/2 Cup Celery Sticks
Low-Fat Ranch Dip
1 Turkey Sandwich WG

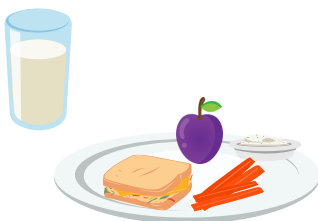


Day 2 Menu



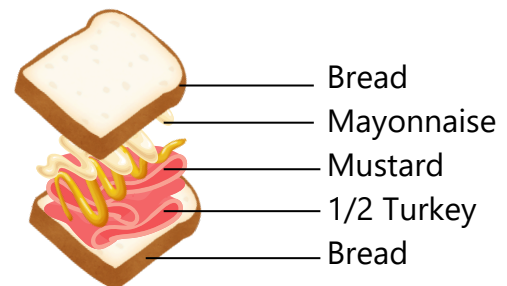
Breakfast

1 Cup Milk
1/2 Cup Canned Mixed Fruit
1 Apple Muffin WG



Lunch

1 Cup Milk
1 Plum
1/2 Cup Baby Carrots
Low-Fat Ranch Dip
1 Turkey Sandwich WG



WG = Whole Grain-Rich

Program Operator note:

Only one serving of grains is required at lunch. In this sample menu, an extra serving of grains is included for lunch on 4 days. Day 5 includes two extra servings of grains at lunch. These extra grains are due, in part, to the use of two slices of bread for sandwiches and help meet the nutritional needs of older children.

Sample Parent Communication to Accompany Meals
(5 Days of Breakfasts and Lunches) - Continued

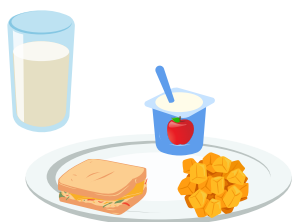
On the Menu | 5 Days of Summer Meals

Day 3 Menu



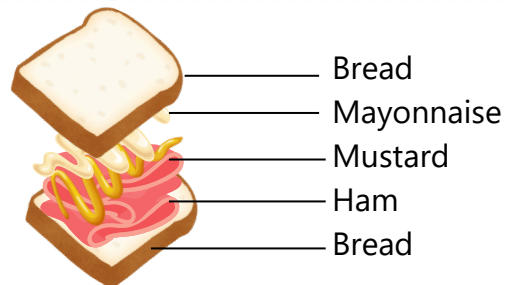
Breakfast

- 1 Cup Milk
- 1 Box Berry Juice
- 1 Bowl Corn Flakes



Lunch

- 1 Cup Milk
- 1/2 Cup Canned Mixed Fruit
- 1 Applesauce Cup
- 1 Ham Sandwich **WG**

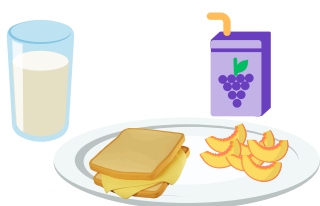


Day 4 Menu



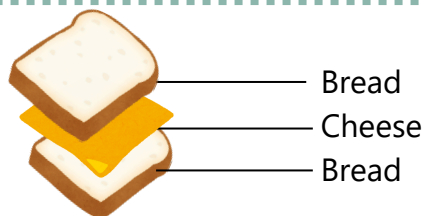
Breakfast

- 1 Cup Milk
- 1/2 Cup Canned Mixed Fruit
- 1 Blueberry Muffin **WG**



Lunch

- 1 Cup Milk
- 1/2 Cup Canned Peaches
- 1 Box Grape Juice
- 1 Cheese Sandwich **WG**

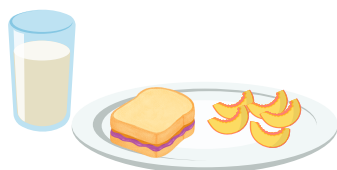


Day 5 Menu



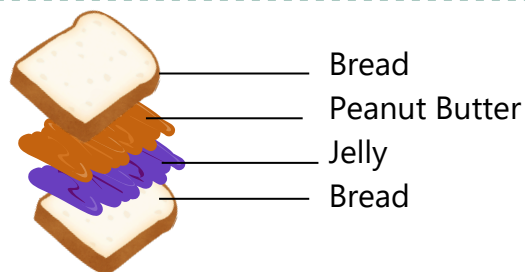
Breakfast

- 1 Cup Milk
- 1/2 Cup Canned Peaches
- 1 Bowl Toasted Os **WG**



Lunch

- 1 Cup Milk
- 1/2 Cup Canned Peaches
- 1 Salsa Cup with Tortilla Chips
- 1 Peanut Butter and Jelly Sandwich
- 1 Cheese Stick

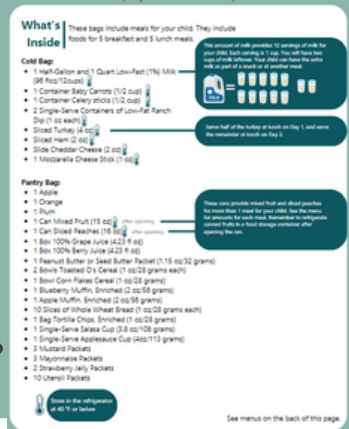


WG = Whole Grain-Rich



A Closer Look

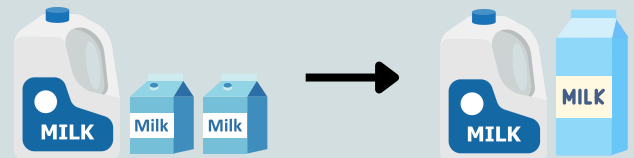
Notes for Program Operators About the Sample Meal Bags for Summer Meals



Cold Bag:

- 1 Half-Gallon and 1 Quart Low-Fast (1%) Milk (96 fl oz/12 cups)
- 1 Container Baby Carrots (1/2 cup)
- 1 Container Celery sticks (1/2 cup)
- 2 Single-Serve Containers of Low-Fat Ranch Dip (1 oz each)
- Sliced Turkey (4 oz)
- Sliced Ham (2 oz)
- Slide Cheddar Cheese (2 oz)
- 1 Mozzarella Cheese Stick (1 oz)

Only 1/2 gallon plus 2 cups (16 fl oz) of milk are needed to meet meal pattern requirements. However, a quart (4 cups, 32 fl oz) may be easier to distribute than two 8-fl oz cartons.



Crediting of sliced turkey can vary depending on the Product Formulation Statement or Child Nutrition Label.

Pantry Bag:

- 1 Apple
- 1 Orange
- 1 Plum
- 1 Can Mixed Fruit (15 oz) after opening
- 1 Can Sliced Peaches (16 oz) after opening
- 1 Box 100% Grape Juice (4.23 fl oz)
- 1 Box 100% Berry Juice (4.23 fl oz)
- 1 Peanut Butter or Seed Butter Packet (1.15 oz/32 grams)
- 2 Bowls Toasted O's Cereal (1 oz/28 grams each)
- 1 Bowl Corn Flakes Cereal (1 oz/28 grams)
- 1 Blueberry Muffin, Enriched (2 oz/56 grams)
- 1 Apple Muffin, Enriched (2 oz/56 grams)
- 10 Slices of Whole Wheat Bread (1 oz/28 grams each)
- 1 Bag Tortilla Chips, Enriched (1 oz/28 grams)
- 1 Single-Serve Salasa Cup (3.8 oz/108 grams)
- 1 Single-Serve Applesauce Cup (4oz/113 grams)
- 3 Mustard Packets
- 3 Mayonnaise Packets
- 2 Strawberry Jelly Packets
- 10 Utensil Packets

Extra fruits and vegetables are provided in these meals. Offering extra fruits and vegetables can help kids get the nutrition they need each day.

Each bowl of cereal provides an extra 1/4 cup of cereal per day. However, using 1-oz single-serving cereal bowls may be more convenient.

This example shows food for one child for 5 days. However, if you were providing food for two children in the same household, you could use other bulk products, such as 1 gallon plus 1 quart of milk (with no extra), 1 loaf of bread (20 slices), and 4 cans of fruit.

Resources

- [Summer Food Service Program: Providing Multiple Meals at a Time During the Coronavirus \(COVID-19\) Pandemic](#)
- [USDA Unit 4: Operating the Meal Service for the Summer Food Service Program](#)
- [Summer Food Service Program Canvas Course](#)
- [OSPI SFSP Menu Planning and Meal Patterns](#)
- [Product Documentation Reference Sheet](#)
- [USDA Food Buying Guide](#)
- [Farm to Summer](#)
- [Taste-Testing Event Resources](#)

Acronym Reference

- CN - Child Nutrition
- NSLP - National School Lunch Program
- OSPI - Office of Superintendent of Public Instruction
- OVS - Offer Versus Serve
- SFA - School Food Authority
- SFSP - Summer Food Service Program
- SSO - Seamless Summer Option
- USDA - United States Department of Agriculture
- WINS - Washington Integrated Nutrition System