

Meal Pattern Requirements

The meal pattern requirements assure well-balanced, nutritious meals that supply the kinds and amounts of foods that children require to help meet their nutrient and energy needs. You must make sure that meals served at your site meet the meal pattern requirements listed on the following page. Compare the menus of the meals to be served at your site with these requirements and learn to recognize incomplete meals.

REIMBURSABLE MEALS

FOR A MEAL TO BE REIMBURSABLE, IT MUST CONTAIN:

BREAKFAST	LUNCH OR SUPPER	SNACK
<ul style="list-style-type: none">• One serving of milk.• One serving of a vegetable or fruit or a full-strength juice.• One serving of grain or bread.• A meat or meat alternate is optional.	<ul style="list-style-type: none">• One serving of milk.• Two or more servings of vegetables and/or fruits.• One serving of grain or bread.• One serving of meat or meat alternate.	<ul style="list-style-type: none">• Must contain two food items from different components.• Juice cannot be served when milk is served as the only other component.



SUMMER FOOD SERVICE PROGRAM MEAL PATTERNS

FOOD COMPONENTS AND FOOD ITEMS	BREAKFAST Serve all three	LUNCH OR SUPPER Serve all four	SNACK Serve two of the four
Milk	Required	Required	
Fluid milk (whole, low-fat, or fat-free)	1 cup ¹ (½ pint, 8 fluid ounces) ²	1 cup (½ pint, 8 fluid ounces) ³	1 cup (½ pint, 8 fluid ounces) ²
Vegetables and Fruits - Equivalent quantity of any combination of...	Required	Required	
Vegetable or fruit or	½ cup	¾ cup total ^{4,5}	¾ cup
Full-strength vegetable or fruit juice	½ cup (4 fluid ounces)		¾ cup (6 fluid ounces) ⁶
Grains/Breads⁷ - Equivalent quantity of any combination of...	Required	Required	
Bread or	1 slice	1 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc. or	1 serving ⁸	1 serving ⁸	1 serving ⁸
Cold dry cereal or	¾ cup or 1 ounce ⁹		¾ cup or 1 ounce ⁹
Cooked cereal or cereal grains or	½ cup	½ cup	½ cup
Cooked pasta or noodle products	½ cup	½ cup	½ cup
Meat and Meat Alternates - Equivalent quantity of any combination of...	Optional	Required	
Lean meat or poultry or fish or	1 ounce	2 ounces	1 ounce
Alternate protein products ¹⁰ or	1 ounce	2 ounces	1 ounce
Cheese or	1 ounce	2 ounces	1 ounce
Egg (large) or	½	1	½
Cooked dry beans or peas or	¼ cup	½ cup	¼ cup
Peanut or other nut or seed butters or	2 tablespoons	4 tablespoons	2 tablespoons
Nuts or seeds ¹¹ or		1 ounce=50% ¹²	1 ounce
Yogurt ¹³	4 ounces or ½ cup	8 ounces or 1 cup	4 ounce or ½ cup

¹ For the purposes of the requirement outlined in this table, a cup means a standard measuring cup

² Served as a beverage or on cereal or used in part for each purpose

³ Served as a beverage

⁴ Serve two or more kinds of vegetable or fruits or a combination of both

⁵ Full strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement

⁶ Juice may not be served when milk is served as the only other component

⁷ Bread, pasta or noodle products, and cereal grains (such as rice, bulgur, or corn grits) shall be whole-grain or enriched. Cornbread, biscuits, rolls, muffins, etc., shall be made with whole-grain or enriched meal or flour. Cereal shall be whole-grain, enriched or fortified.

⁸ Serving sizes and equivalents will be in guidance materials to be distributed by FNS to State agencies

⁹ Either volume (cup) or weight (ounces), whichever is less

¹⁰ Must meet the requirements of 7 CFR 225 Appendix A

¹¹ Tree nuts and seeds that may be used as meat alternate are listed in program guidance

¹² No more than 50 percent of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purposes of determining combinations, one ounce of nuts or seeds is equal to one ounce of cooked lean meat, poultry or fish.

¹³ Plain or flavored, unsweetened or sweetened