

USDA MEAL PATTERN REQUIREMENTS FOR THE SUMMER FOOD SERVICE PROGRAM

(Use meal pattern for 6-12 YEAR OLD CHILDREN)

FOOD COMPONENT

MINIMUM AMOUNT

BREAKFAST

Milk, fluid	1 cup
Fruit or Vegetable or 100% Juice	1/2 cup
Grains/Breads	1 slice or serving
including cold, dry cereal or	3/4 cup or 1 ounce
hot, cooked cereal or	1/2 cup
pancake, waffle, or French toast, or	1 serving
English muffin or	1 serving
Biscuit or muffin	1 serving

SNACK (Supplement) Select 2 out of the 4 components:

Milk, fluid	1 cup
Fruit or Vegetable or 100% Juice	3/4 cup
Meat or Meat Alternate	1 ounce
including yogurt	1/2 cup
Grains/Breads	1 slice or serving
crackers of	0.7 ounces
plain granola bar	1.8 ounces
grain and fruit bar	2.2 ounces

LUNCH or SUPPER

Milk, fluid	1 cup
Meat or Poultry or Fish or	2 ounces
egg or	1 large
cooked dry beans, peas or lentils or	1/2 cup
nuts or seeds* or	1 ounce = 1 oz equivalent
peanut butter of other nut butter or	4 Tablespoons
cottage cheese or	1/2 cup
yogurt	8 ounces or 1 cup
Fruits and/or Vegetables or 100% Juice** (2 or more to total)	3/4 cup
Grains/Breads	1 slice or serving
or cooked pasta, noodles or rice	1/2 cup
corn tortillas, or taco shells or	1 serving
flour tortillas	1 serving

* Nuts and seeds can only be used to meet one-half of the meat/meat alternate requirements at lunch or supper

** Full-strength vegetable or fruit juice cannot meet more than one-half of this component