

The Summer Food Service Program (SFSP) offers an opportunity to impact children’s lives positively. The Program was established to ensure children continue to receive healthy meals when school is not in session. Meals served at summer sites play an important role in alleviating food insecurity and hunger in those children most in need when meals are not available through the National School Lunch Program (NSLP). Summer sites also play a valuable role in helping children learn, grow, and stay healthy. By offering nutritious meals at summer sites, children receive more of the vitamins, minerals, and other nutrients they need. Additionally, children will learn how to build a healthy plate and establish healthy eating habits that may continue into adulthood. All meals served in the SFSP must meet certain requirements in order to receive reimbursement. These meal pattern requirements are designed to help the menu planner provide well-balanced, nutritious meals that meet the nutritional and energy needs of children.

Ways to Offer Summer Meals

Sponsors may serve one or two meals a day at open, restricted open, and enrolled sites. With State agency approval, sponsors may serve two meals (including snacks) each day. Sponsors may choose which combination of meals they would like to serve; however, serving lunch and supper on the same day is not allowed.

ALLOWABLE MEAL COMBINATIONS

1 Meal per Day-	2 Meals per Day-
Breakfast only	Lunch and snack
Snack only	Breakfast and snack
Lunch only	Breakfast and lunch
Supper only	Supper and snack
	Breakfast and supper
	Two snacks

With State agency approval, camp or migrant site sponsors may serve up to three meals (including snacks) each day.

Allowable meal 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

Definitions

Meal Pattern - The meal pattern outlines the required food components and their minimum serving sizes in order for the meal to be eligible for reimbursement.

Food Component - A food component is one of the food groups that comprise a Reimbursable Meal.

Food Item - A food item is a specific food offered within the food component.

Combination Food – Contains more than one food item from different food components

Food Choices– Different food items available for participants to choose from.

Offer vs. Serve- Allows participants to decline some of the foods offered in a reimbursable meal.

Addition Food- Any food items that are offered outside of the minimum requirements.

BREAKFAST

Required Food Components and Food Items	Serve 4 Food Items from 3 Required Food Components
Milk Fluid Milk (whole, low-fat, or fat-free)	Required 1 Cup (½ pint, 8 fl. oz.)
Vegetables & Fruits~ <i>Equivalent quantity of any combination</i> Vegetable or fruit Full-strength juice	Required ½ Cup ½ Cup (4 fl. oz.)
Grains/Breads <i>Equivalent quantity of any combination</i> Bread Cornbread, biscuits, rolls, muffins, etc. Cold dry cereal Cooked cereal or cereal grains Cooked pasta	Required 1 Slice 1 Serving ¾ Cup or 1 oz.** ½ Cup ½ Cup
Meat/Meat Alternate	Optional only if offering OVS 1oz eq

**Either volume (cup) or weight (oz.), whichever is less

~Vegetables and Fruits- A minimum 1/8 cup may be credited in all meals and snacks

LUNCH/SUPPER

Required Food Components and Food Items	Serve all 4 Food Components
Milk Fluid Milk (whole, low-fat, or fat-free)	Required 1 Cup (½ pint, 8 fl. oz.)
Vegetables & Fruits~ <i>Equivalent quantity of any combination</i> Vegetable or Fruit Full-strength juice	Required 2 different servings ¾ Cup total*
Grains/Breads <i>Equivalent quantity of any combination</i> Bread Cornbread, biscuits, rolls, muffins, etc. Cooked rice, pasta or noodle products	Required 1 Slice 1 Serving ½ Cup
Meat/Meat Alternate <i>Equivalent quantity of any combination</i> Cooked lean meat/poultry/fish Cheese Egg (large) Cooked dry beans or peas Peanut or other nut or seed butters Nuts or seeds Yogurt	Required 2 oz. 2 oz. 1 ½ Cup 4 Tablespoons 1 oz. = 50%** 8 oz./1Cup

*Full-strength vegetable or fruit juice may be counted to meet not more than ½ of this requirement

** Nuts or seeds may be counted to meet not more than ½ of this requirement.

SNACK

Food Components	Serve 2 of the 4
Milk Fluid Milk (whole, low-fat, or fat-free)	1 Cup (½ pint, 8 fl. oz.)
Vegetables & Fruits~ <i>Equivalent quantity of any combination</i> Vegetable or fruit Full-strength juice	¾ Cup ¾ Cup, 6 fl. oz.^
Grains/Breads <i>Equivalent quantity of any combination</i> Bread Crackers, biscuits, rolls, muffins, etc. Cold dry cereal Cooked cereal or cereal grains Cooked rice, pasta or noodle products	1 Slice 1 Serving ¾ Cup or 1 oz.** ½ Cup ½ Cup
Meat/Meat Alternate <i>Equivalent quantity of any combination</i> Cooked lean meat/poultry/fish Cheese Egg (large) Cooked dry beans or peas Peanut or other nut or seed butters Nuts or seeds Yogurt	1 oz. 1 oz. 1/2 ¼ Cup 2 Tablespoons 1 oz. 4 oz./½ Cup

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

**Either volume (cup) or weight (oz.), whichever is less