



SUMMER FOOD SERVICE

Providing **free** meals
to Arizona **children**.

SFSP Meal Patterns

| | Breakfast | Lunch or Supper | Snack ¹ (Choose two of the four) |
|---|--------------------------------|--------------------------------|--|
| MILK | | | |
| Milk, fluid | 1 cup (8 fl. oz.) ² | 1 cup (8 fl. oz.) ³ | 1 cup (8 fl. oz.) ² |
| VEGETABLES AND/OR FRUITS | | | |
| Vegetable(s) and/or fruit(s) or | 1/2 cup | 3/4 cup total ⁴ | 3/4 cup |
| Full-strength vegetable or fruit juice or an equivalent quantity of any combination of vegetables(s), fruit(s), and juice | 1/2 cup (4 fl. oz.) | | 3/4 cup (6 fl. oz.) |
| GRAINS AND BREADS⁵ | | | |
| Bread or | 1 slice | 1 slice | 1 slice |
| Cornbread, biscuits, rolls, muffins, etc. or | 1 serving | 1 serving | 1 serving |
| Cold dry cereal or | 3/4 cup or 1 oz. ⁶ | | 3/4 cup or 1 oz. ⁶ |
| Cooked pasta or noodle product or | 1/2 cup | 1/2 cup | 1/2 cup |
| Cooked cereal or cereal grains or an equivalent quantity of any combination of grains/breads | 1/2 cup | 1/2 cup | 1/2 cup |
| MEAT AND MEAT ALTERNATES | (Optional) | | |
| Lean meat or poultry or fish or alternate protein product ⁷ or | 1 oz. | 2 oz. | 1 oz. |
| Cheese or | 1 oz. | 2 oz. | 1 oz. |
| Eggs or | 1/2 large egg | 1 large egg | 1/2 large egg |
| Cooked dry beans or peas or | 1/4 cup | 1/2 cup | 1/4 cup |
| Peanut butter or soy nut butter or other nut or seed butters or | 2 tbsp. | 4 tbsp. | 2 tbsp. |
| Peanuts or soy nuts or tree nuts or seeds or | 1 oz. | 1 oz. = 50% ⁸ | 1 oz. |
| Yogurt, plain or sweetened and flavored | 4 oz. or 1/2 cup | 8 oz. or 1 cup | 4 oz. or 1/2 cup |
| An equivalent quantity of any combination of the above meat/meat alternates | | | |

For the purpose of this table, a cup means a standard measuring cup.

Endnotes

1. Serve two food items. Each food item must be from a different food component. Juice may not be served when milk is served as the only other component.
2. Must be served as a beverage, or on cereal, or use part of it for each purpose.
3. Must be served as a beverage.
4. Serve two or more kinds of vegetable(s) and/or fruit(s) or a combination of both. Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.
5. All grain/bread items must be enriched or whole-grain, made from enriched or whole-grain meal or flour, or if it is a cereal, the product must be whole-grain, enriched or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.
6. Either volume (cup) or weight (oz.) whichever is less.
7. Must meet the requirements in Appendix A of the SFSP regulations.
8. 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. When determining combinations, 1 oz. of nuts or seeds is equal to 1 oz. of cooked lean meat, poultry, or fish.