

# Meal Pattern Requirements

## Summer Food Service Program



**COLORADO**  
Department of Education

Food Component	Breakfast	Lunch or Supper	Snack <sup>2</sup> Serve any two of the four components (must be two DIFFERENT components)
<b>Milk, fluid</b> <sup>3</sup>	1 cup (8 fluid ounces)	1 cup (8 fluid ounces)	1 cup (8 fluid ounces)
<b>Vegetables and Fruits</b> Vegetable(s) and/or fruit(s) or Full-strength fruit or vegetable juice <sup>4</sup> or An equivalent quantity of any combination of the above vegetables and fruits	½ cup ½ cup (4 fluid ounces)	¾ cup total <sup>4, 5</sup>	¾ cup ¾ cup (6 fluid ounces)
<b>Grains and Breads</b> <sup>6</sup> Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal or Cooked cereal or Cooked pasta or noodle products or Cooked cereal grains or An equivalent quantity of any combination of the above grains and breads	1 slice 1 serving ¾ cup or 1 ounce ½ cup ½ cup ½ cup	1 slice 1 serving ¾ cup or 1 ounce ½ cup ½ cup ½ cup	1 slice 1 serving ¾ cup or 1 ounce ½ cup ½ cup ½ cup
<b>Meat and Meat Alternates</b> Lean meat or poultry or fish <sup>7</sup> or Alternate protein products <sup>8</sup> or Cheese or Cottage cheese or Eggs or Cooked dry beans or peas or Peanut butter or soy nut butter or other nut or seed butters or Peanuts or soy nuts or tree nuts or seeds <sup>9</sup> or Yogurt <sup>10</sup> , plain or flavored, unsweetened or sweetened or An equivalent quantity of any combination of the above meat and meat alternates	Optional	2 ounces 2 ounces 2 ounces ½ cup 1 large egg ½ cup 4 tablespoons 1 ounce = 50 percent 8 ounces or 1 cup	1 ounce 1 ounce 1 ounce ¼ cup ½ large egg ¼ cup 2 tablespoons 1 ounce 4 ounces or ½ cup

<sup>1</sup>The meal pattern shows the minimum amounts of each component that must be made available to each child to claim reimbursement for the meal. Children may be served larger portions but not less than the minimum quantities specified.

<sup>2</sup>Snack must consist of two food items, each from a different food component. Juice cannot be served when milk is the only other snack component.

<sup>3</sup>Milk must be provided as a beverage at lunch/supper.

<sup>4</sup>At lunch and supper, full-strength 100 percent vegetable or fruit juice cannot be counted to meet more than half (<sup>3</sup>/<sub>8</sub> cup) of this requirement.

<sup>5</sup>Serve two or more different kinds of vegetables and/or fruits, i.e., two vegetables, two fruits or one vegetable and one fruit.

<sup>6</sup>Bread, pasta or noodle products and cereal grains must be whole grain or enriched. Cornbread, biscuits, rolls, muffins and other breads must be made with whole-grain or enriched flour or meal. Breakfast cereals must be whole grain, enriched or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.

<sup>7</sup>Edible portion of cooked lean meat, poultry or fish as served, e.g., cooked lean meat without bone.

<sup>8</sup>Alternate protein products must meet the requirements specified by the U.S. Department of Agriculture (USDA) in Appendix A to Part 225 of the SFSP regulations.

<sup>9</sup>At lunch or supper, nuts and seeds cannot meet more than 50 percent of the meat/meat alternates requirement. They must be combined with another meat/meat alternate to meet the requirement. One ounce of nuts or seeds equals one ounce of cooked lean meat, poultry or fish.

<sup>10</sup>To increase nutrient variety, yogurt should not be served when milk is the only other snack component.

This institution is an equal opportunity provider.