

Minimum Procurement Specifications and Model Meal Quality Standards for SFSP

7 CFR 225.7 (c)

Meal Component	Minimum Specifications	Best Practices for Meal Quality (Recommended but Not Required by SFSP Sponsors)
Meats/Meat Alternates	<p>Beef: US grade choice for serving in program meals</p> <p>Poultry: US grade A for unprocessed, grade B if further processed for serving in program meals</p> <p>Pork: U.S. No. 1 or U.S. No. 2.</p> <p>Seafood: Top grade, frozen fish – must be a nationally distributed brand packed under continuous inspection of the USDA.</p> <p>Fresh eggs: USDA Grade A or equivalent, 100 percent candled</p> <p>Frozen eggs: USDA-inspected</p> <p>American Cheese: Pasteurized cheese, no cheese food, imitation cheese, cheese product, or cheese spread</p>	<p>Serve lean cuts of meat.</p> <p>Serve fish, nuts, or beans as healthy alternatives to meat.</p> <p>Limit fried or pre-fried foods (such as chicken nuggets) on the menu.</p> <p>Limit or avoid offering processed meats.</p> <p>Serve low-fat or reduced-fat cheese or yogurts.</p>
Fluid Milk	Pasteurized and homogenized; Vitamin A and D fortified; Grade A	<p>Serve only low-fat (1%) or fat-free (skim) milk.</p> <p>Serve unflavored milk.</p>
Fruits, Vegetables, and Full-Strength vegetable and/or fruit juice	US Grade A for all fresh, frozen or canned fruits and vegetables and full-strength, 100% vegetable and/or fruit juice	<p>Purchase frozen fruit that does not contain added sugar.</p> <p>Serve fresh fruit instead of fruit-based desserts.</p> <p>When choosing canned fruit, choose products canned in 100% juice or water.</p> <p>Limit fruit juice.</p> <p>Include dark green, orange, yellow, red, and purple fruits and vegetables on your menu.</p> <p>When serving canned vegetables with added salt, rinse them before serving.</p>
Grains	Made with whole grains and/or enriched grains. Grains include pasta, tortillas, rice, and flour-based bakery products such as breads including sandwich rolls, buns, cornbread, biscuits, loaf breads, and grain-based desserts.	Offer 100% whole grain or whole grain rich grain items.