

## Summer Food Service Program Meal Patterns

Food Component	Breakfast (Select foods from all three required components)	Lunch or Supper (Select foods from all 4 of the required components)	Snack (Select 2 of the 4 components)
<b>Milk</b>	<b>1 cup (8 fl oz)</b>	<b>1 cup (8 fl oz)</b>	<b>1 cup (8 fl oz)</b>
<b>Vegetables and/or Fruits</b>	<b>½ cup</b>	<b>¾ cup</b> (must offer two items)	<b>¾ cup</b>
<b>Grains and Breads</b> Bread Roll, muffins, etc. Cold, dry cereal Cooked pasta Cooked Cereal	<b>1 slice</b> <b>1 serving</b> <b>¾ cup or 1 oz</b> <b>½ cup</b> <b>½ cup</b>	<b>1 slice</b> <b>1 serving</b> <b>¾ cup or 1 oz</b> <b>½ cup</b> <b>½ cup</b>	<b>1 slice</b> <b>1 serving</b> <b>¾ cup or 1 oz</b> <b>½ cup</b> <b>½ cup</b>
<b>Meat/Meat Alternate</b> Meat/Poultry/Fish Cheese Eggs Alternate Protein Cooked dry beans or peas Peanut / Nut Butters Nuts/Seeds Yogurt	<b>(Not required)</b> 1 oz 1 oz ½ large egg 1 oz ¼ cup 2 Tbsp 1 oz ½ cup	<b>2 oz</b> <b>2 oz</b> <b>1 large egg</b> <b>2 oz</b> <b>½ cup</b> <b>4 Tbsp</b> <b>1 oz (50% of serving)</b> <b>1 cup</b>	<b>1 oz</b> <b>1 oz</b> <b>½ large egg</b> <b>1 oz</b> <b>¼ cup</b> <b>2 Tbsp</b> <b>1 oz</b> <b>½ cup</b>