A screenshot of a video game

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**SUMMER MEALS PLANNING GUIDE**

**Summer Food Service Program (SFSP) Seven-Day Menu**

Month/Year:

Institution Name:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MEAL COMPONENTS** | | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  |  |  |  |  |
| Milk | **BREAKFAST** |  |  |  |  |  |
| Fruits/Vegetables |  |  |  |  |  |
| Grains |  |  |  |  |  |
| Optional Meat or Meat Alternate |  |  |  |  |  |
| Milk | **LUNCH**  **SUPPER** |  |  |  |  |  |
| Fruits/Vegetables |  |  |  |  |  |
| Grains |  |  |  |  |  |
| Meat/Meat Alternate |  |  |  |  |  |
| Milk | **SNACK**  ***(serve 2 components)*** |  |  |  |  |  |
| Fruits/Vegetables |  |  |  |  |  |
| Grains |  |  |  |  |  |
| Meat/Meat Alternate |  |  |  |  |  |
| Milk | **SNACK**  ***(serve 2 components)*** |  |  |  |  |  |
| Fruits/Vegetables |  |  |  |  |  |
| Grains |  |  |  |  |  |
| Meat/Meat Alternate |  |  |  |  |  |

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**SUMMER MEALS PLANNING GUIDE**

**SFSP Meal Pattern Guidelines and Serving Sizes**

|  |  |  |  |
| --- | --- | --- | --- |
| **FOOD COMPONENT AND ITEM** | **BREAKFAST** | **LUNCH/SUPPER** | **SNACK**  *(serve 2 components)* |
| **MILK** | | | |
|  | REQUIRED | REQUIRED |  |
| Whole, low-fat, or fat-free fluid milk | 1 cup | 1 cup | 1 cup |
| **FRUITS/VEGETABLES** | | | |
|  | REQUIRED | REQUIRED |  |
| Vegetables, fruits, or combination | ½ cup | ¾ cup1 | ¾ cup |
| 100% Juice2 | ½ cup | ¾ cup3 | ¾ cup4 |
| **GRAINS5** | | | |
|  | REQUIRED | REQUIRED |  |
| Bread | 1 slice | 1 slice | 1 slice |
| Cornbread, biscuits, rolls, muffins, etc. | 1 serving6 | 1 serving6 | 1 serving6 |
| Cold dry cereal | ¾ cup or 1 oz | --- | ¾ cup or 1 oz |
| Cooked cereal or cereal grains | ½ cup | ½ cup | ½ cup |
| Cooked pasta | ½ cup | ½ cup | ½ cup |
| **MEATS/MEAT ALTERNATES** | | | |
|  | OPTIONAL | REQUIRED |  |
| Lean meat, poultry, or fish7 | 1 oz | 2 oz | 1 oz |
| Alternate protein products | 1 oz | 2 oz | 1 oz |
| Cheese | 1 oz | 2 oz | 1 oz |
| Egg | ½ egg | 1 egg | ½ egg |
| Cooked dry beans/peas | ¼ cup | ½ cup | ¼ cup |
| Nut butter | 2 Tbsp | 4 Tbsp | 2 Tbsp |
| Nuts or seeds8 | --- | 1 oz | 1 oz |
| Yogurt9 | 4 oz | 8 oz | 4 oz |
| 1 Forlunch and supper, required to serve two or more servings of vegetables, fruits, and/or full-strength juice totaling ¾ cup.  2 Juice must be pasteurized, full-strength (100%) juice.  3 Full strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.  4 Juice may not be served at snack if fluid milk is the only other component served.  5 Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.  6 To determine serving sizes for grain products, use [Exhibit A](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf) from Appendix E in the USDA Food Buying Guide for Child Nutrition Programs.  7 A serving consists of the edible portion of cooked lean meat or poultry or fish.  8 Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement.  9 Yogurt may be plain or flavored, unsweetened or sweetened. | | | |

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