

## Meal Pattern Choices for SFAs Script

### Slide 1

School Food Authorities participating in the Summer Food Service Program have choices in the meal patterns and Offer Versus Serve provisions that they can follow during summer operation. These include the Summer Food Service Meal Pattern, the School Breakfast Program, National School Lunch Program and Child and Adult Care Food Program Meal Patterns. A Summer Food Service program sponsor may choose to follow more than one type of meal pattern, depending on the ages being served. This webinar will summarize the choices and provide guidance to help SFAs choose the best one for their summer program.

### Slide 2

The Summer Food Meal Pattern for Breakfast, Lunch, Supper, and Snack is the most simple and straight forward meal pattern that can be utilized for the summer. The meal patterns do not have fruit and vegetable subgroups, there are no weekly serving requirements, only one type of milk is required to be offered, and there is only one set of portion sizes which covers all children 18 and under. But is the Summer Food meal pattern the right one for your school? Let's take a closer look.

The breakfast meal pattern for Summer Food must provide 3 components in order for the meal to be reimbursable. That includes a serving of grain bread, ½ cup serving of fruit or vegetable, and one serving of milk. If your school does NOT want to give the option for children to turn down an item, then the children must take all three of the components offered. If you'd like to give the children the option to turn down an item at breakfast, then a 4<sup>th</sup> item must be offered, and it must be different from the other three items.

### Slide 3

Let's review this menu. If this school decides not to implement Offer Versus Serve, does this menu meet the Summer Food breakfast meal pattern requirements? Yes! The 3 required food components are provided. We have cereal with counts as the grain, a banana which provides a serving from the fruit/vegetable component, and fluid milk.

### Slide 4

How about this menu if the school is implementing offer versus serve? Yes, there is a serving from the fruit/vegetable component, the milk component, and there are two items from the grain/bread component. The two grain servings are different from each other, so they can count as two different items.

### Slide 5

Now, how about this menu? It's a little trickier because you can see that the entrée contains two different components. A serving from the meat/meat alternate and a grain/bread serving. Do you think this counts as 4 different items for the Summer Food breakfast meal pattern? No, it does not. The breakfast sandwich under SFSP can only count as one item. Under the School Breakfast Meal Pattern that you follow during the school year, you can count the breakfast sandwich as either one or two items. So, that is one of the major differences between the two meal patterns. If choosing the Summer Food meal pattern, it will need to be made clear to staff and anyone helping in the

serving line, that combination items, such as the breakfast sandwich, and larger items, like a 2 oz bagel will only count for one item in the summer.

#### Slide 6

Now let's take a look at the Summer Food meal pattern for lunch and supper. There are only 4 components required. A 2 oz serving of meat/meat alternate, one serving of grain/bread, two different servings from the fruit/vegetable component that together provide at least  $\frac{3}{4}$  cup, and one serving of fluid milk. If allowing Offer Versus Serve the children must take 3 of the 4 components.

#### Slide 7

If a school is using the Summer Food meal pattern for lunch, does the cheeseburger, salad and milk provide a full reimbursable meal? No, it does not. The menu here is missing the second source of fruit or vegetable.

How about this second menu. We have the cheeseburger, a salad, sweet potato fries and milk? Yes, this one does because it provides a second source of fruit or vegetable.

Note, that the second source of fruit/vegetable is another vegetable! The Summer Food meal pattern does not have separate components for fruit and vegetable, so you can choose to serve 2 fruits or 2 vegetables or one of each.

#### Slide 8

Let's take a look at the same menu and think about Offer Versus Serve. Remember, under the Summer Food meal pattern, children must take 3 of the 4 components.

The first meal selected consists of a salad, sweet potatoes, and milk. Is it reimbursable with Offer Versus Serve? No, it is not. The meal selected is missing the 3<sup>rd</sup> component. Although there are 2 servings from the fruit/vegetable component, it only counts as one component.

How about this second selection? The meal provides a cheeseburger and milk. Is this meal reimbursable with Offer Versus Serve? Yes! The cheeseburger provides the meat/meat alternate and grain component. The third component is milk. Remember, taking a fruit or vegetable is not required under the Summer Food meal pattern.

#### Slide 9

Let's review the main differences between the meal patterns. Based on the differences, which one is right for your sites? Remember you can choose different meal patterns for different sites, if needed.

For milk, the only difference is that the School Breakfast Program and NSLP meal pattern require different types of milk. The Summer Food meal pattern has no restrictions.

For the fruits and vegetables, there are more differences than what is listed here, but the main difference is that there are separate fruit and vegetable components for the SBP and NSLP meal patterns and when planning menus under the School Breakfast and National School Lunch Program, you must plan to meet the sub-group requirements and weekly portion size

requirements. The Summer Food meal pattern combines the fruit and vegetables into one component and does not have subgroups and weekly requirements for portion sizes.

The meat alternate component really doesn't change from one program to another, other than how the meat alternate can be offered at breakfast. For the SBP meal pattern, you may substitute a 1 oz serving of meat alternate for a 1 oz equivalent of grain, after the minimum daily grain requirement is met. For the SFSP breakfast meal pattern, the meat alternate is an extra or can be used as the 4<sup>th</sup> item, if implementing offer versus serve.

In the School Breakfast and National School Lunch Program, at least 80% of the grains offered per week must be whole grain-rich. The Summer Food Program does not have a percentage requirement, but grain items still must be whole grain or enriched or made from whole grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole grain, enriched, or fortified.

The School Breakfast and National School Lunch Program do require menus to meet Dietary Specifications. The Summer Food meal pattern does not have specific requirement, but meals should be planned to meet the Dietary Guidelines for Americans.

The portions sizes vary for the School Breakfast and National School Lunch Program by grade grouping, whereas the portion sizes stay the same for all children under Summer Food. Due note, that under Summer Food, you can always serve more than the minimum requirement. One mistake that is often made when switching from the School Lunch meal pattern to Summer Food is that some menus and/or recipes used during the school year, may not offer the full 2 oz meat alternate required for the SFSP lunch and supper meal pattern. So, do keep that in mind.

We've reviewed some of the differences in Offer Versus Serve earlier. If switching to the Summer Food meal pattern, you will need to make sure staff understand the difference in Offer Versus Serve in the summer versus the school year.

#### Slide 10

Once you've made that decision on which meal patterns to use, be sure to share that with the person completing the Summer Food application, so that the correct meal pattern and Offer Versus Serve provision is selected and approved for each of your sites. The Child and Adult Care Food Program meal pattern is also a choice in the summer and appropriate to use for sites that serve younger children or are offering a child care program.

#### Slide 11

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