

SFSP Meal Patterns

The meal pattern requirements assure well-balanced meals and snacks that supply the kinds and amounts of foods that children require to help meet their nutrient and energy needs. The meal patterns establish the minimum portions of the various food components that must be served to each child for the participating sponsor to receive reimbursement for each meal. Refer to the [USDA Summer Meal Patterns](#) for specific requirements to ensure sponsor compliance.

Breakfast

Required Components	Portion Size	Rules
Milk	1 cup or 8 fluid ounces	Must be served as a beverage or on cereal or used in part for each purpose.
Fruit or Vegetable	½ cup or 4 fluid ounces	Can be any fruit or vegetable. Juice must be 100%.
Grains/Breads	1 serving	Portion size determined based on product served. Must be whole-grain or enriched.
Add a 4th Different Food Item From the Following Components When Implementing OVS		
Different Fruit or Vegetable		½ cup
Different Grain/Bread		1 serving
Meat/Meat Alternate		1 oz or equivalent

Lunch and Supper

Required Components	Portion Size	Rules
Milk	1 cup or 8 fluid ounces	Must be served as a beverage.
Fruit and/or Vegetable	2 Servings that Equal ¾ cup	The 2 servings must be from different sources. Full strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.
Grains/Breads	1 serving	Portion size determined based on product served. Must be whole-grain or enriched. Grain-based desserts CANNOT credit as a grain/bread.
Meat/Meat Alternate	2 oz or equivalent	Nuts and seeds may credit for the entire meats/meat alternates component. Yogurt may be plain or flavored, unsweetened or sweetened.

Child must take at least 3 food components out of 5 food items offered when Implementing OVS

Snack/Supplement

Select Two of the Four Components

Components	Portion Size	Rules
Milk	1 cup or 8 fluid ounces	Must be served as a beverage or on cereal or used in part for each purpose.
Fruit or Vegetable	¾ cup or 6 fluid ounces	Fruit or Vegetable juice must be full strength. Juice cannot be served when milk is the only other snack component.
Grains/Breads	1 serving	Portion size determined based on product served. Must be whole-grain or enriched.
Meat/Meat Alternate	1 oz or equivalent	Nuts and seeds may credit for the entire meats/meat alternates component. Yogurt may be plain or flavored, unsweetened or sweetened.

No OVS option at Snack

School food authorities may choose to use the [NSLP and SBP meal patterns](#) followed during the regular school year OR use the SFSP meal pattern. Alternately, sponsors wishing to serve smaller portion sizes for children under age 6, or if serving infants, may choose to use the [CACFP meal pattern](#), with State agency approval.

Crediting Tip Sheets

The [USDA Crediting Tip Sheets](#) provide handy references for program operators on how to credit the five meal components in all child nutrition programs. Each tip sheet provides simple, easy-to-use information for one meal component and summarizes the crediting variances for each of the Child Nutrition Programs. Great tool for menu planning!

