SFSP Meal Requirements

**Breakfast – 3 COMPONENTS**
- **Milk:** 8oz or 1C
- **Fruit or Vegetable:** 1/2C
- **Whole or Enriched Grain:** 1 slice bread, 1 serving roll/muffin/breakfast bar or 3/4C dry cereal
- **NOTE:** Yogurt sometimes appears on the breakfast menu and replaces the grain item

**Lunch/Supper – 5 COMPONENTS**
- **Milk:** 8oz or 1C
- **2 Fruits or 2 Vegetables or 1 Fruit + 1 Vegetable:** 3/4C
- **Whole or Enriched Grain:** 1 slice of bread, 1 roll/biscuit/muffin, 1/2C noodles
- **Meat or Meat Alternative:** 2oz of meat or cheese, 1 large egg, 1/2C beans, 4tsp nut or seed butter, 8oz yogurt

**Snack – 2 COMPONENTS**
- **Milk:** 8oz or 1C
- **Fruit or Vegetable:** 3/4C
- **Whole or Enriched Grain:** 1 slice bread, 1 serving roll/muffin, 3/4C dry cereal, 1oz whole grain/enriched snacks
- **Meat or Meat Alternative:** 1oz of meat or cheese, 4oz yogurt, 2tsp nut or seed butter

Be sure to serve **ALL** meal components.
If you’re ever not sure how much to serve, check your menu!