

SFSP Meal Requirements

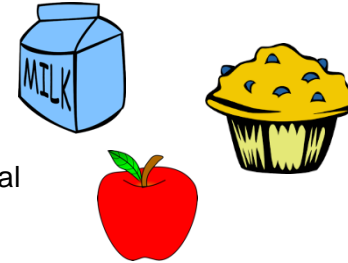
Breakfast – 3 COMPONENTS

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



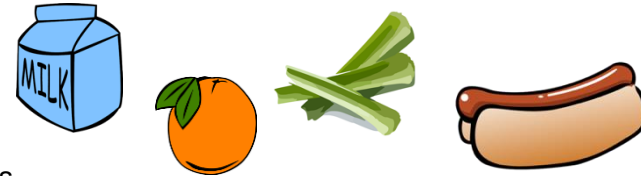
Lunch/Supper – 5 COMPONENTS

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



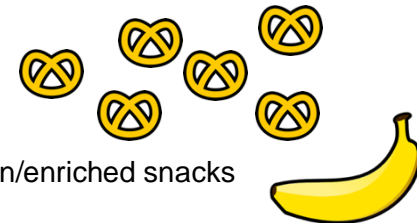
Snack – 2 COMPONENTS

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!**