

SFSP Supplement Sample Menu – 5 Day

Contact Name :

SFSP Supplement: Minimum Meal Pattern - Select two of the four components: 8 oz. Fluid Milk, 3/4 cup Vegetable or Fruit/100% Juice, one serving Grains/Breads, one serving Meat/Meat Alternate.

Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Milk	Item		Fat Free Milk (flavored or unflavored)		Fat Free Milk (flavored or unflavored)	
	Portion in oz. and fat content		8 fl. oz.		8 fl. oz.	
Vegetables/Fruits/ 100% Juice	Item	Celery Sticks/Raisins		Apple Slices		100% Grape Juice
	Portion in cups	1/2 cup/1/4 cup (credits for 1/2 cup)		3/4 cup		3/4 cup or 6 fl. oz.
Grains/Whole Grains	Item		Graham Crackers		WW Bagel Rounds	
	Portion in oz.¹		28g=1G/B		35g = 1 G/B	
Meats/Meat Alternates	Item	Peanut Butter		Low-fat Yogurt		Mozzarella Cheese Stick
	Portion size or oz.	2 tablespoons		4 oz or 1/2 cup		1 stick = 1 oz
	Contribution in oz.*	1 M/MA		1 M/MA		1 M/MA
Other Foods/Condiments (Optional)	Item	Water		Water	Fruit Spread	
	Portion Size	8 fl. oz.		8 fl. oz.	1 each	

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Components Week 2	Menu Item Name & Info	Day 6	Day 7	Day 8	Day 9	Day 10
Milk	Item	Fat Free Milk (flavored or unflavored)		Fat Free Milk (flavored or unflavored)		
	Portion in oz. and fat content	8 fl. oz.		8 fl. oz.		
Vegetables/Fruits/100% Juice	Item			Carrot/Celery Sticks		Fresh Fruit Cup
	Portion in cups			3/4 cup		3/4 cup
Grains/Whole Grains	Item	Blueberry Muffin	Saltine Crackers		Nacho Chips	
	Portion in oz. ¹	2 oz = 1 G/B	10 each = 1 G/B		1 oz	
Meats/Meat Alternates	Item		American Cheese Slices			Low-fat Yogurt
	Portion size or oz.		2 slices = 1 oz		Bean Dip	4 oz or 1/2 cup
	Contribution in oz.*		1 M/MA		1oz	1 M/MA
Other Foods/Condiments (Optional)	Item		Water	Low-Fat Yogurt Onion Dip		Water
	Portion Size		8 fl. oz.	1 oz.		8 fl. oz.

Note: * Contribution in oz. is the cooked or yield amount (i.e., 1.22 oz ham, 1.6 oz of deli turkey meat) provides 1 oz. M/MA.

NOTE: Offer vs. Serve is not permitted and when choices are offered, entire portions of two different components must be served.

Full Strength vegetable and/ or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice. Juice may not be served when milk is the only other component.

¹ Please use specific product weights in comparison with the USDA Grains/Breads Instruction Chart or SFSP Meal Pattern.

Add additional menu item pages as needed.