

# SFSP Food Model Inspiration

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MISSISSIPPI  
DEPARTMENT OF  
EDUCATION

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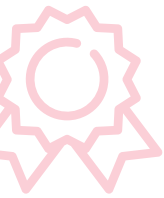
## VISION

To create a world-class educational system that gives students the knowledge and skills to be successful in college and the workforce, and to flourish as parents and citizens



## MISSION

To provide leadership through the development of policy and accountability systems so that all students are prepared to compete in the global community



1

**ALL** Students Proficient and Showing Growth in All Assessed Areas



2

**EVERY** Student Graduates from High School and is Ready for College and Career



3

**EVERY** Child Has Access to a High-Quality Early Childhood Program

**EVERY** School Has Effective Teachers and Leaders

4



**EVERY** Community Effectively Uses a World-Class Data System to Improve Student Outcomes

5



**EVERY** School and District is Rated “C” or Higher

6



## Breakfast Meal Pattern

### Select All three Components for a Reimbursable Meal

1 milk	1 cup	fluid milk
1 fruit/vegetable	1/2 cup	juice <sup>1</sup> , and/or vegetable
1 grains/bread <sup>2</sup>	1 slice	bread or
	1 serving	cornbread or biscuit or roll or muffin or
	3/4 cup	cold dry cereal or
	1/2 cup	hot cooked cereal or
	1/2 cup	pasta or noodles or grains

<sup>1</sup> Fruit or vegetable juice must be full-strength.

<sup>2</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

Component	Serving Size Required	Food Provided
1 Milk	1 cup	1 cup Chocolate Milk
1 fruit and/or vegetables	½ cup	½ cup Strawberries and Apples
1 grains/bread	½ cup or 1 serving	1 Slice Cinnamon Raisin Bread





Component	Serving Size Required	Food Provided
1 Milk	1 cup	1 cup 1% Milk
1 fruit and/or vegetables	½ cup	1 whole Apple
1 grains/bread	½ cup or 1 serving	1 Slice Whole Wheat Toast



**\*The slice of cheese here is an extra food item.**

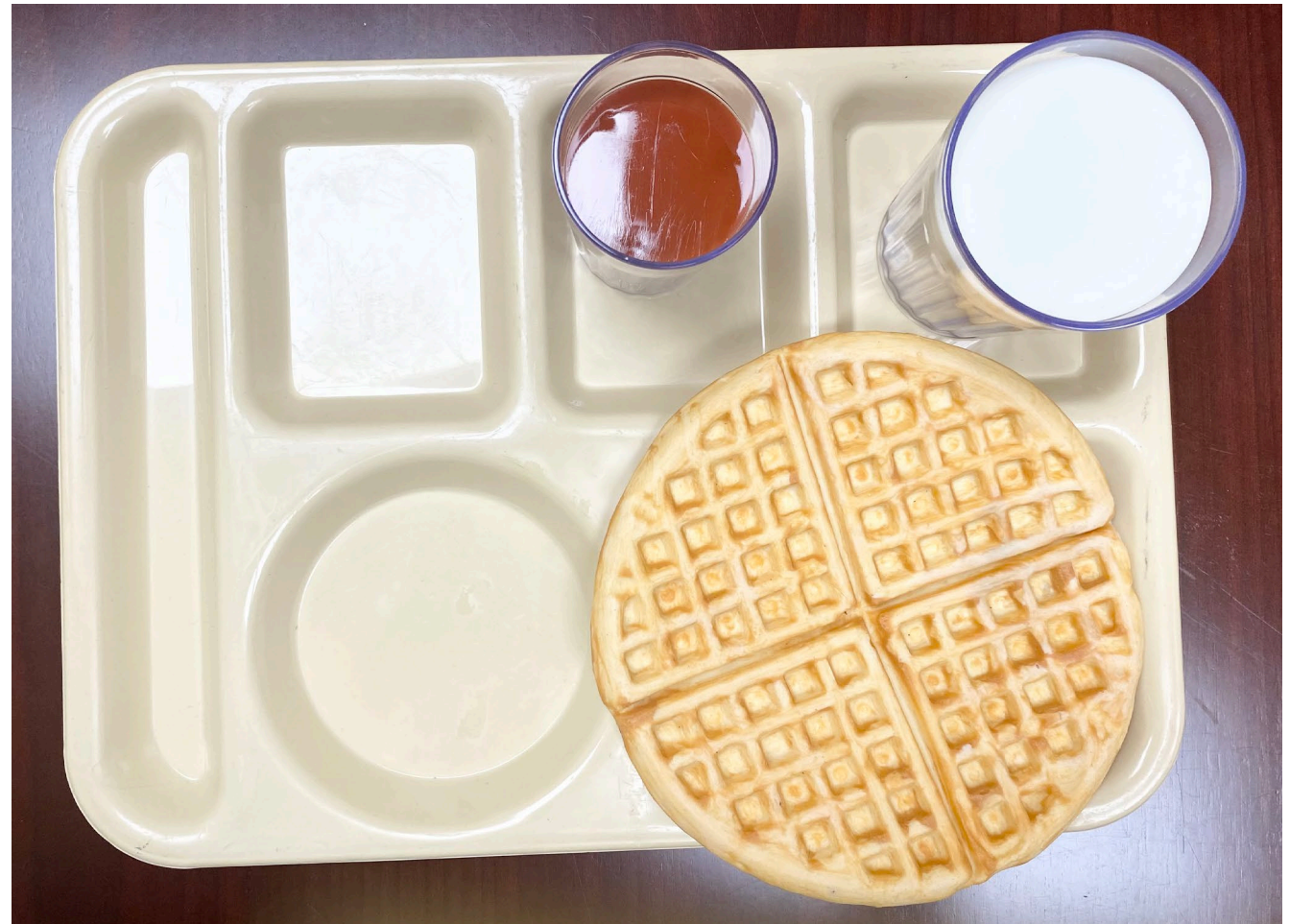
Component	Serving Size Required	Food Provided
1 Milk	1 cup	1 cup 1% Milk
1 fruit and/or vegetables	½ cup	½ cup Cantaloupe
1 grains/bread	½ cup or 1 serving	¾ cup Cold Dry Cereal



**\*Pay attention to cold, dry cereal. The portion size is ¾ cup!**



Component	Serving Size Required	Food Provided
1 Milk	1 cup	1 cup 1% Milk
1 fruit and/or vegetables	½ cup	½ cup Full Strength Vegetable Juice
1 grains/bread	½ cup or 1 serving	1 serving Waffle

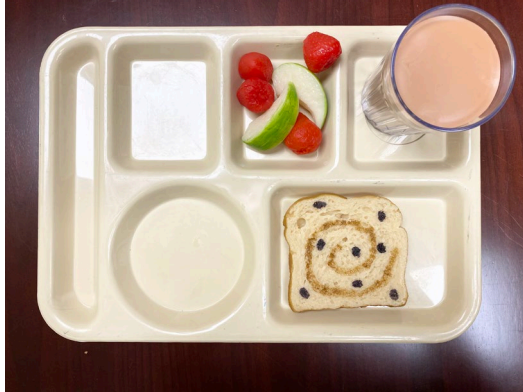




Component	Serving Size Required	Food Provided
1 Milk	1 cup	1 cup 1% Milk
1 fruit and/or vegetables	½ cup	½ cup Berries
1 grains/bread	½ cup or 1 serving	1 serving Biscuits (only one would be required)



# Breakfast Weekly Overview



Monday



Tuesday



Wednesday



Thursday



Friday

## Lunch or Supper Meal Pattern

### Select All Four Components for a Reimbursable Meal

1 milk	1 cup	fluid milk
2 fruits/vegetables	3/4 cup	juice <sup>1</sup> , fruit and/or vegetable
1 grains/bread <sup>2</sup>	1 slice	bread or
	1 serving	cornbread or biscuit or roll or muffin or
	1/2 cup	hot cooked cereal or
	1/2 cup	pasta or noodles or grains
1 meat/meat alternate	2 oz.	lean meat or poultry or fish <sup>3</sup> or
	2 oz.	alternate protein product or
	2 oz.	cheese or
	1 large	egg or
	1/2 cup	cooked dry beans or peas or
	4 Tbsp.	peanut or other nut or seed butter or
	1 oz.	nuts and/or seeds <sup>4</sup> or
	8 oz.	yogurt <sup>5</sup>

<sup>1</sup> Fruit or vegetable juice must be full-strength. Full strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

<sup>2</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

<sup>3</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.

<sup>4</sup> Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement.

<sup>5</sup> Yogurt may be plain or flavored, unsweetened or sweetened.

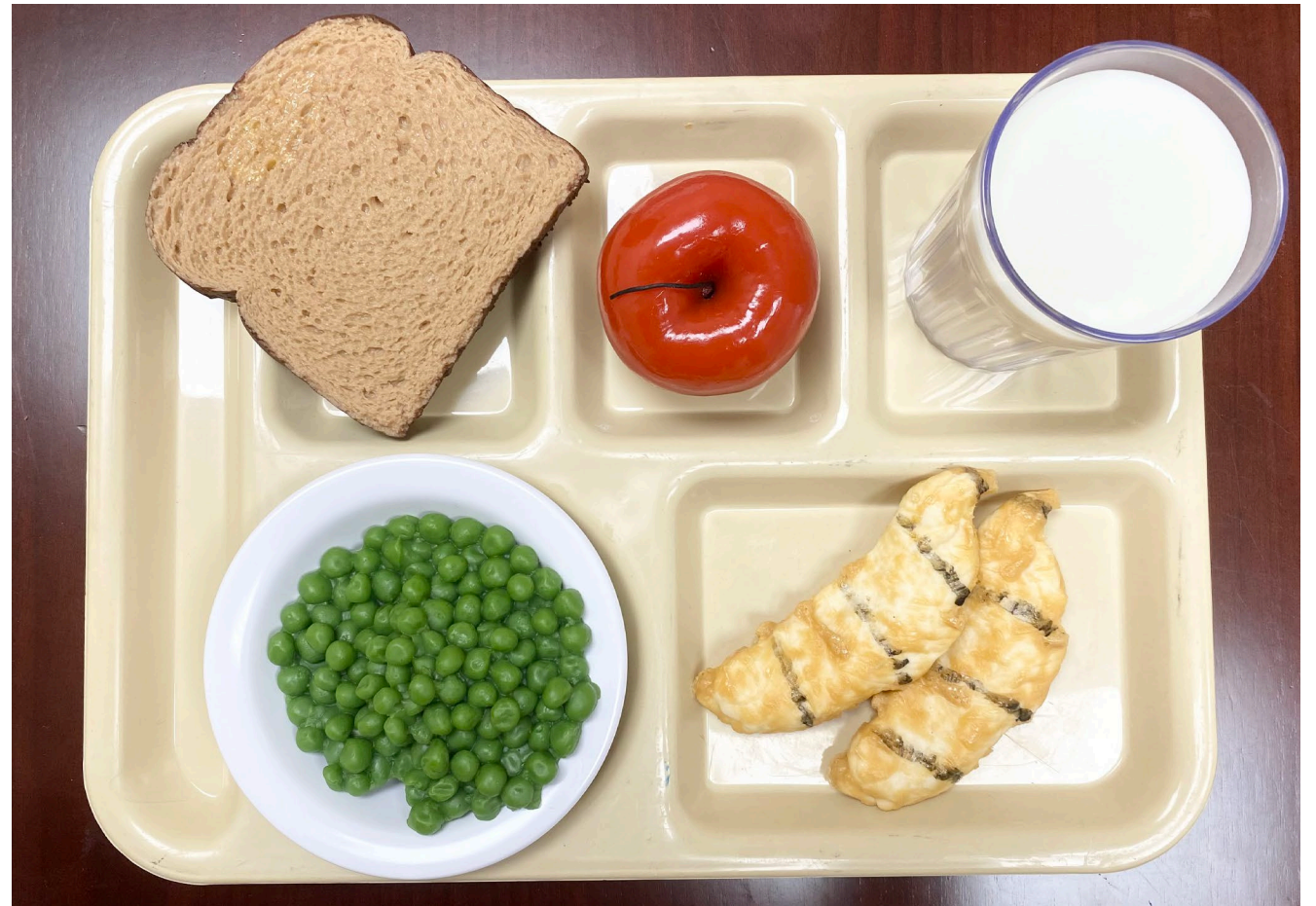


Component	Serving Size Required	Food Provided
1 Milk	1 cup	1 cup 1% Milk
2 fruit and/or vegetables	¾ cup	½ cup Grapefruit 1 cup Salad
1 grains/bread	½ cup or 1 serving	½ cup Cooked Rice
1 meat/meat alternate	2 oz.	2 oz. Lean Turkey





Component	Serving Size Required	Food Provided
1 Milk	1 cup	1 cup 1% Milk
2 fruit and/or vegetables	¾ cup	½ cup Green Peas 1 Whole Apple
1 grains/bread	½ cup or 1 serving	1 Slice Bread
1 meat/meat alternate	2 oz.	2 oz. Lean Chicken



Component	Serving Size Required	Food Provided
1 Milk	1 cup	1 cup 1% Milk
2 fruit and/or vegetables	¾ cup	½ cup Carrot Sticks ½ cup Slice Cucumber
1 grains/bread	½ cup or 1 serving	1 Hamburger Bun
1 meat/meat alternate	2 oz.	2 oz. Beef Patty



**\*The tomato and cheese pictured on the burger are extra food items.**



Component	Serving Size Required	Food Provided
1 Milk	1 cup	1 cup 1% milk
2 fruit and/or vegetables	¾ cup	½ cup Peaches ½ cup Broccoli
1 grains/bread	½ cup or 1 serving	½ cup Cooked Spaghetti
1 meat/meat alternate	2 oz.	2 oz. Beef Meatballs



Component	Serving Size Required	Food Provided
1 Milk	1 cup	1 cup Chocolate Milk
2 fruit and/or vegetables	¾ cup	½ cup Sliced Apples ½ cup Grapes
1 grains/bread	½ cup or 1 serving	1 serving Pita Bread
1 meat/meat alternate	2 oz.	2 oz. Lean Chicken



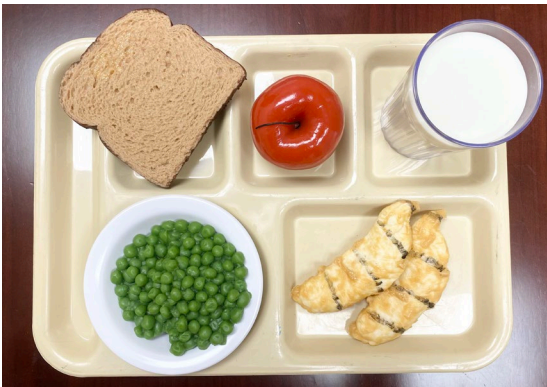
**\*Trimmings do not count towards vegetable components unless served in a minimum of 1/8 cup portions.**



# Lunch/Supper Weekly Overview



Monday



Tuesday



Wednesday



Thursday



Friday

## Select Two of the Four Components for a Reimbursable Snack

1 milk	1 cup	fluid milk
<sup>1</sup> fruit/vegetable	3/4 cup	juice <sup>1</sup> , fruit and/or vegetable
1 grains/bread <sup>2</sup>	1 slice	bread or
	1 serving	cornbread or biscuit or roll or muffin or
	3/4 cup	cold dry cereal or
	1/2 cup	hot cooked cereal or
	1/2 cup	pasta or noodles or grains
1 meat/meat alternate	1 oz.	lean meat or poultry or fish <sup>3</sup> or
	1 oz.	alternate protein product or
	1 oz.	cheese or
	1/2 large	egg or
	1/4 cup	cooked dry beans or peas or
	2 Tbsp.	peanut or other nut or seed butter or
	1 oz.	nuts and/or seeds or
	4 oz.	yogurt <sup>4</sup>

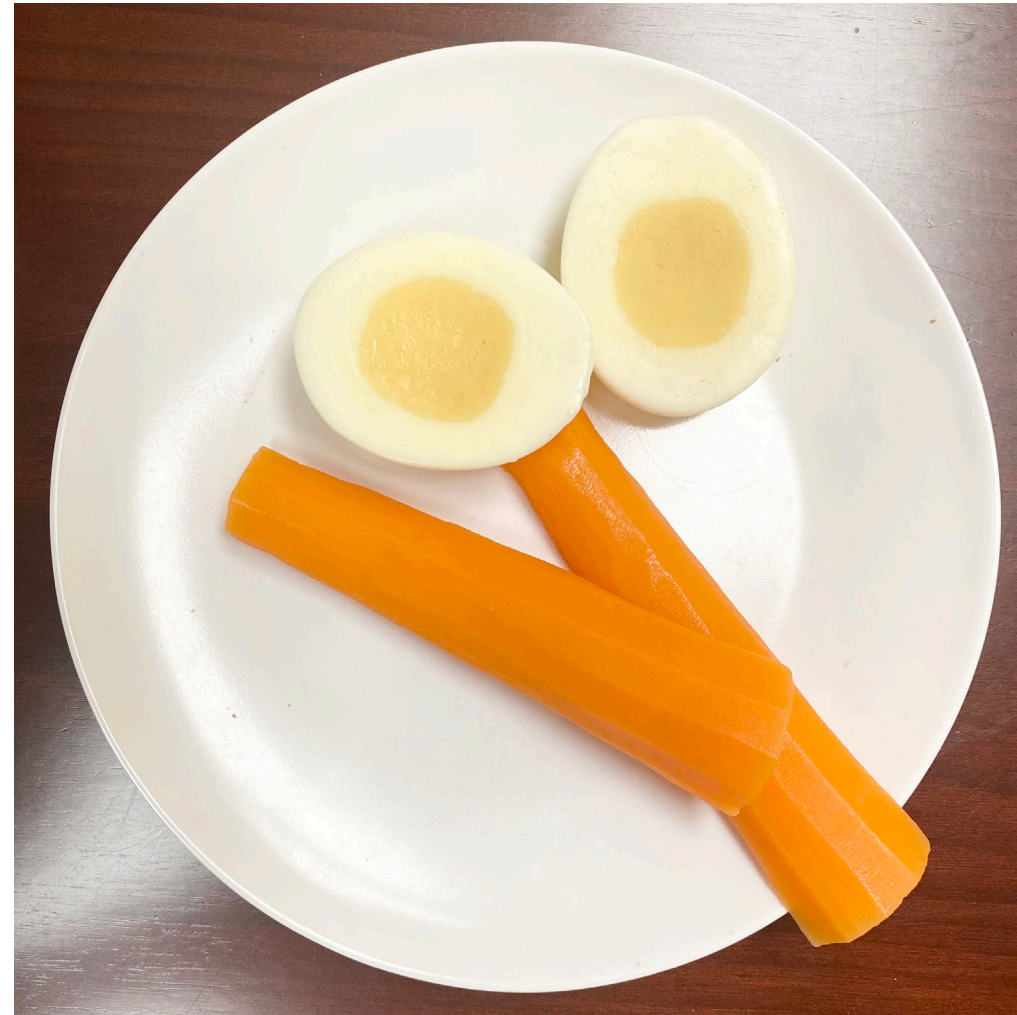
<sup>1</sup> Fruit or vegetable juice must be full-strength. Juice cannot be served when milk is the only other snack component.

<sup>2</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

<sup>3</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.

<sup>4</sup> Yogurt may be plain or flavored, unsweetened or sweetened.

Component 1	½ Large Egg
Component 2	¾ cup Sliced Carrots





<b>Component 1</b>	<b>1 cup Lettuce ¼ cup Cucumber and Tomatoes</b>
<b>Component 2</b>	<b>1 oz Crackers</b>





Component 1	$\frac{3}{4}$ cup Grapes
Component 2	1 oz Cheese



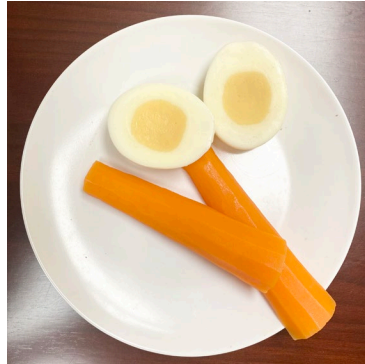
Component 1	1 oz Crackers
Component 2	4 oz. Yogurt



Component 1	1 cup 1% Milk
Component 2	$\frac{3}{4}$ cup Baked Potato







**Monday**



**Tuesday**



**Wednesday**



**Thursday**







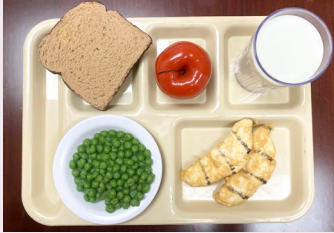





**Friday**



# Weekly Overview of All Meals

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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Lunch/Supper					
Snack	