

Summer Meal Patterns SFSP Lunch

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mdek12.org



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



Summer Lunch



Summer Lunch Meal Patterns

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Summer Meal Patterns Requirement

- Pages 58- 60 - Administrative Guidance ~ 2016
- Pages 8 – 15 - Nutrition Guidance ~ 2018

Chart

- Page 11 (Nutrition Guidance)
- Attachment 3 – Administrative Guidance

SUMMER FOOD SERVICE PROGRAM MEAL PATTERNS

FOOD COMPONENTS AND FOOD ITEMS	BREAKFAST Serve all three	LUNCH OR SUPPER Serve all four	SNACK Serve two of the four
Milk	REQUIRED	REQUIRED	
Fluid milk (whole, low-fat, or fat-free)	1 cup ¹ (½ pint, 8 fluid ounces) ²	1 cup (½ pint, 8 fluid ounces) ³	1 cup (½ pint, 8 fluid ounces) ²
Vegetables and Fruits – Equivalent quantity of any combination of...	REQUIRED	REQUIRED	
Vegetable or fruit or	½ cup	½ cup total ⁴	½ cup
Full-strength vegetable or fruit juice	½ cup (4 fluid ounces)		½ cup (6 fluid ounces) ⁵
Grains/Breads⁶ – Equivalent quantity of any combination of...	REQUIRED	REQUIRED	
Bread or	1 slice	1 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc. or	1 serving ⁷	1 serving ⁷	1 serving ⁷
Cold dry cereal or	½ cup or 1 ounce ⁸		½ cup or 1 ounce ⁸
Cooked cereal or cereal grains or	½ cup	½ cup	½ cup
Cooked pasta or noodle products	½ cup	½ cup	½ cup
Meat/Meat Alternates Equivalent quantity of any combination of...	OPTIONAL	REQUIRED	
Lean meat or poultry or fish or	1 ounce	2 ounces	1 ounce
Alternate protein products ⁹ or	1 ounce	2 ounces	1 ounce
Cheese or	1 ounce	2 ounces	1 ounce
Egg (large) or	½	1	½
Cooked dry beans or peas or	½ cup	½ cup ¹⁰	½ cup ¹⁰
Peanut or other nut or seed butters or	2 tablespoons	4 tablespoons	2 tablespoons
Nuts or seeds ¹⁰ or		1 ounce=50% ¹¹	1 ounce
Yogurt ¹²	4 ounces or ½ cup	8 ounces or 1 cup	4 ounces or ½ cup

1 For the purposes of the requirement outlined in this table, a cup means a standard measuring cup.
2 Served as a beverage or on cereal or used in part for each purpose.
3 Served as a beverage.
4 Serve two or more kinds of vegetable or fruits or a combination of both.
5 Full strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.
6 Juice may not be served when milk is served as the only other component.
7 Bread, pasta or noodle products, and cereal grains (such as rice, bulgur, or corn grits) shall be whole-grain or enriched. Cornbread, biscuits, rolls, muffins, etc., shall be made with whole-grain or enriched meal or flour. Cereal shall be whole-grain, enriched, or fortified.

7 Serving sizes and equivalents will be in guidance materials to be distributed by FNS to State agencies.
8 Either volume (cup) or weight (ounces), whichever is less.
9 Must meet the requirements of 7 CFR 225 Appendix A.
10 Tree nuts and seeds that may be used as meat alternate are listed in program guidance.
11 No more than 50 percent of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purposes of determining combinations, one ounce of nuts or seeds is equal to one ounce of cooked lean meat, poultry or fish.
12 Plain or flavored, unsweetened or sweetened.

SFSP Lunch Components

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One Serving of
Milk (LF or FF)



Two Fruits/Veg to
equal $\frac{3}{4}$ cup



One Serving of
Grain



1 Meat/Meat Alt
(2 oz)



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Summer Lunch & Supper

- Five food items must be offered:
- One servings of meat/meat alternate
- Two servings of fruit and/or vegetables (Must be two different food items)
- One serving of bread/bread alternate



Summer Lunch Meal Pattern Requirements

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Summer Lunch & Supper

- One serving of fluid milk (low-fat or fat-free) Milk served may be flavored or unflavored
- **Select All Four Components for a Reimbursable Meal!**

Due to the Nationwide waiver to allow Offer Versus Serve Flexibilities in the Summer Program 2021. You still need to confirm in MARS on # B7 (Breakfast) or L7 (Lunch) your district is applying for the OVS waiver!

USDA Extended OVS until September 30, 2021

SFSP Meal Patterns

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Lunch/Supper	Component	Minimum Amount
Required	Meat/Meat Alternate	2- ounces
Required	Vegetable and Fruit	2 different servings totaling $\frac{3}{4}$ cup
Required	Grain/Bread	1 (slice bread, serving), hot cooked cereal or pasta or noodles or grain - $\frac{1}{2}$ cup)
Required	Milk	8 fluid ounces



- 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.



- Breads and grains must be made from whole-grain or enriched. Cereal must be whole-grain or enriched or fortified.



SUMMER MEAL PATTERN				
BREAKFAST REQUIRED MINIMUM QUANTITIES				
STUDENTS MUST HAVE ALL 3 COMPONENTS				
	GRAIN	VEGETABLE	FRUIT	MILK
	1 grain	1/2 cup		8 fl. oz.

LUNCH REQUIRED MINIMUM QUANTITIES				
STUDENTS MUST HAVE ALL 5 COMPONENTS				
MEAT/MEAT ALTERNATIVE	GRAIN	VEGETABLE	FRUIT	MILK
2 oz.	1 gr.	1/2 cup	1/2 cup	8 fl. oz.

FRUIT/VEGETABLE
MUST EQUAL A TOTAL OF
3/4 CUP MINIMUM
DAILY

Used with permission from Rankin Co School District- (2020)

Snack Program



Select Two of the Four Components for a Reimbursable Snack

Component (Select 2)	Minimum Amount
Meat/Meat Alternate	1 ounce
Vegetables and Fruits	$\frac{3}{4}$ cup (6 oz)
Grain/bread	1 serving
Milk	8 ounces (1 cup)

Sponsors may not serve two beverages as a reimbursable snack.

- If offering one component in the form of a beverage (i.e. milk), the other component must not also be a beverage (i.e. 100% juice).



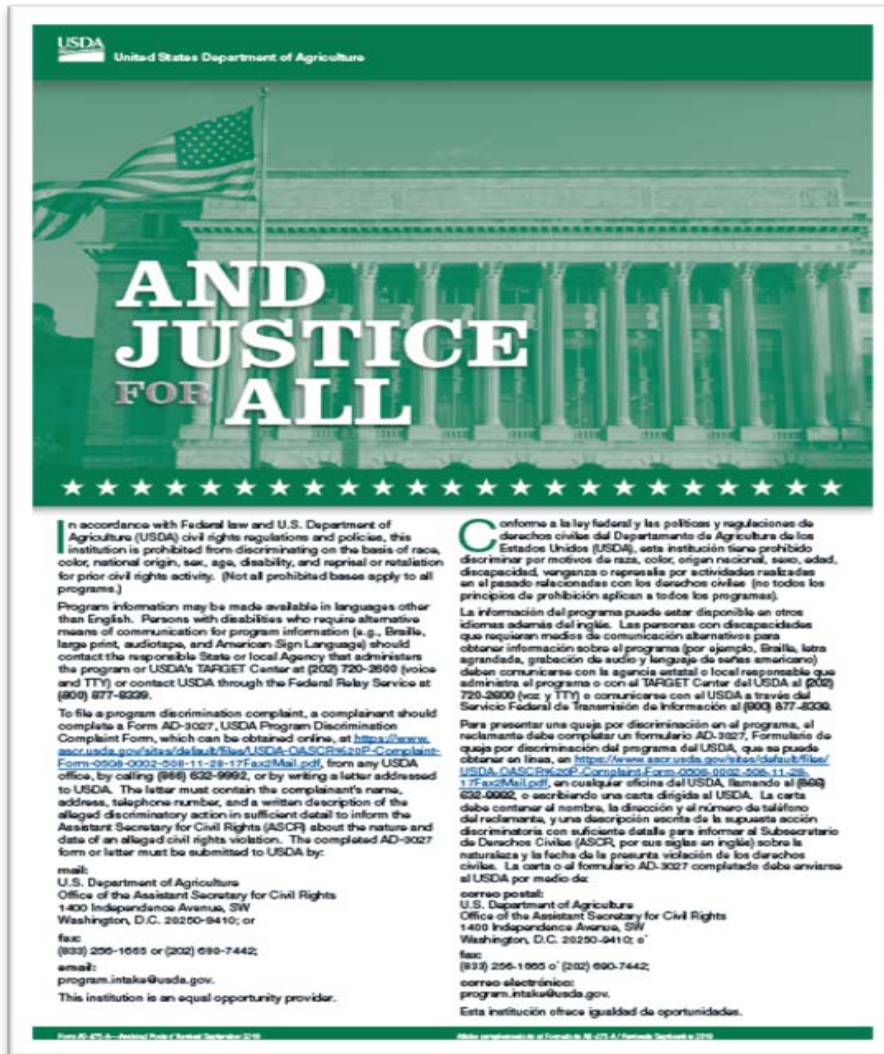
Required for SFSP Snack

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- 2 Food Items from 2 different food components
- Juice cannot be served when milk is the other item.
- Example:
- Juice and crackers **OK!**
- Juice and milk- **NOT OK!**
- Apple and mixed fruit juice- **NOT OK!**







This institution is an equal opportunity provider.

Full Non-Discrimination Statement link:

<https://mdek12.org/sites/default/files/documents/ocn/usda-nondiscrimination-statement-2016.pdf>



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