



Summer Food Service Program Meal Pattern OVS

Standard Breakfast Meal:



8oz **Milk**
(Required)



1 serving **Grain**
(Required)



½ cup **Fruit**
(Required)



1oz **Meat/Meat Alternate**
(4th item)

**Four different food items must be offered. The fourth food item can be a fruit/vegetable, bread/grain, or meat/meat alternate. A breakfast menu that includes two servings of toast is not a reimbursable meal, because the toast is two of the same food item. A child may decline any 1 of the 4 food items.

Examples of Reimbursable Breakfast Meals Using Offer vs Serve:



½ cup **Fruit**



1 **Grain** & 1oz **Meat Alternate**



1 **Grain**



½ cup **Fruit**



8oz **Milk**



4oz 100% **Fruit Juice**



1 **Grain**



1 **Grain**



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Standard Lunch Meal:



8oz Milk



1 serving Grain & 2oz Meat



Vegetable



Fruit

$\frac{3}{4}$ cup total

**At least five different food items from the four food components must be offered. A child may decline any 2 of the 4 food components.

Examples of Reimbursable Lunch Meals Using Offer vs Serve:



$\frac{1}{2}$ cup Fruit



1 Grain & 2oz Meat



1 Grain, 2oz Meat Alternate, $\frac{1}{4}$ cup Fruit



1 Grain



$\frac{3}{4}$ cup Vegetable



8oz Milk