### Summer Meal Pattern

**BREAKFAST (3 components; 4 food items with ovs)**
- Fluid Milk, 1 cup (8 fl oz)
- Fruit or Vegetable, ½ cup
- Grains and Breads, 1 serving
  (1 slice or ¼ cup dry cereal or ½ cup cooked cereal)
- Optional: Meat or Meat Alternate, 1oz

**LUNCH/SUPPER (4 components; 5 food items with ovs)**
- Fluid Milk, 1 cup (8 fl oz)
- Meat or Meat Alternate, 2oz
- Two types of Fruit or Vegetable, ¾ cup total
- Grains and Breads, 1 serving
  (1 slice bread or 1 serving of cornbread, biscuits, rolls, muffins, etc.; ¼ cup dry cereal, ½ cup cooked noodles or pasta, ½ cup cooked cereal or ½ cup cooked rice)

**SNACK (2 components)**
- Fluid Milk, 1 cup (8 fl oz)
- Meat or Meat Alternate, 1 oz.
- Fruit or Vegetable, ¾ cup
- Grains and Breads, 1 serving

### Menu Item

<table>
<thead>
<tr>
<th>Food Temperatures</th>
<th>Estimated Number to be served</th>
<th>Amount of Food Prepared</th>
<th>Leftovers</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

### Condiments Served with Menu Items

<table>
<thead>
<tr>
<th>List all condiments served</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<tr>
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<tr>
<td></td>
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</tbody>
</table>

### Minimum internal cooking temperatures**

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>processed meat items (chix nuggets/patties, beef patties, etc.)</td>
<td>135°F</td>
</tr>
<tr>
<td>cooked fruit and vegetables</td>
<td>135°F</td>
</tr>
<tr>
<td>commercially pre-cooked ready to eat meat</td>
<td>140°F</td>
</tr>
<tr>
<td>raw pork, ham &amp; sausage</td>
<td>145°F</td>
</tr>
<tr>
<td>beef roasts, egg dishes, fish</td>
<td>145°F</td>
</tr>
<tr>
<td>raw ground beef &amp; game animals</td>
<td>155°F</td>
</tr>
<tr>
<td>leftovers</td>
<td>165°F</td>
</tr>
<tr>
<td>raw poultry</td>
<td>165°F</td>
</tr>
</tbody>
</table>

**All products must reach the minimum temperature specified for at least 15 seconds.**