



Maine
Department of
Education

Summer Food Service Program (SFSP)

Snack



Must contain two components

- ✓ 1 milk
- ✓ 1 fruit/vegetable
- ✓ 1 grains/bread
- ✓ 1 meat/meat alternate

<p style="text-align: center;">Milk</p> <p>Milk, fluid</p>	<p>1 cup (8 fl. oz.) *2</p>
<p style="text-align: center;">Vegetables and/or Fruits*1</p> <p>Vegetable(s) and/or fruit(s), or Full-strength vegetable or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice</p>	<p>3/4 cup</p> <p>3/4 cup (6 fl. oz.)</p>
<p style="text-align: center;">Grains and Breads *2</p> <p>Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal or Cooked pasta or noodle product or Cooked cereal or cereal grains or an equivalent quantity of any combination of grains/breads</p>	<p>1 slice</p> <p>1 serving</p> <p>3/4 cup or 1 oz.</p> <p>1/2 cup</p> <p>1/2 cup</p>
<p style="text-align: center;">Meat and Meat Alternates</p> <p>Continued on the next slide</p>	<p style="text-align: right;">continued ↓</p>

Meat and Meat Alternates	(Optional)
Lean meat or poultry or fish* 3 or alternate protein product	1 OZ.
Cheese	1 OZ.
or	
Eggs	1/2 large egg
or	
Alternate Protein Product	1 OZ.
or	
Cooked dry beans or peas	1/4 cup
or	
Peanut butter or soy nut butter or other Nut or seed butters	2 tbsp.
or	
Peanuts or soy nuts or tree nuts or seeds* 4	1 OZ.
or	
Yogurt, plain or sweetened and flavored* 5	4 oz. or 1/2 cup
or	
an equivalent quantity of any combination	

For the purpose of this table, a cup means a standard measuring cup

*Indicated endnotes can be found on the next page.

Endnotes

***1** For snack, juice cannot be served when milk is the only other snack component.

Try not to serve juice to meet the fruit/vegetable requirement too many times throughout the week. This may fill up the children and take the place of foods that provide other needed nutrients.

***2** Breads and grains must be made from whole-grain or enriched meal or flour.

Cereal must be whole-grain or enriched or fortified.

Endnotes

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

***4** Nuts and seeds may meet only onw-half of the total meat/meat alternate serving and must be combined with another r meat/meat alternat to fulfill the lunch

Example				
Monday	Tuesday	Wednesday	Thursday	Friday
1. Graham Crackers with Peanut butter 2. Milk	1. Apple 2. Cheese Stick 3. Milk	1. Celery with peanut butter 2. Orange Juice	1. Blueberry mini muffins 2. Watermelon	1. Yogurt 2. Animal crackers

*Fruit or vegetable juice must be full-strength.

*Breads and grains must be made from whole-grain or enriched meal or flour.

*Cereal Must be whole-grain or enriched or fortified.



Reminders:

- Non-sweet snack products such as hard pretzels, hard bread sticks, and chips made from whole-grain or enriched meal or flour can be used to meet the bread requirement.

Reminders:

- Some bread items or their accompaniments may contain more sugar, fat, or salt than others.

Keep this in mind when considering how often to serve them.

Read the “Nutrition Facts” panel on food labels to compare products..

Reminders:

- Grain-based sweet snack foods should not be served as part of a snack more than twice a week.

Examples: whole grain oatmeal cookie, zucchini chocolate cake, etc.

Reminders:

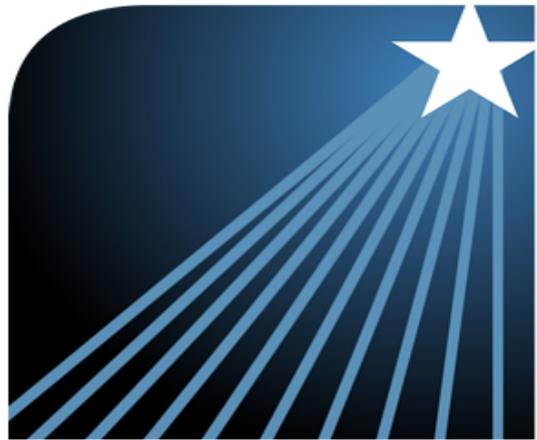
- For snacks, milk can be served as a beverage, on cereal, or as a beverage and or cereal.

Also, you can use additional milk (fluid, evaporated, or fate-free dry milk) to prepare puddings, bakery items, or other baked or cooked products to add calcium and improve the nutritional quality of the meal.



No offer vs. Serve option for Snacks!





Maine Department of Education

<http://www.maine.gov/education/sfs/>

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