

**34623**

VENDOR #: 219900
CNIPS ID #: 04011

**SUMMER FOOD SERVICE PROGRAM  
MEAL PATTERN — SCHEDULE B**

FOOD COMPONENTS	BREAKFAST	LUNCH OR SUPPER	SNACK <sup>1</sup> (CHOOSE TWO OF THE FOUR)
<b>Milk</b> Milk, fluid	1 cup (8 fl. oz.) <sup>2</sup>	1 cup (8 fl. oz.) <sup>3</sup>	1 cup (8 fl. oz.) <sup>2</sup>
<b>Vegetable(s) and/or Fruit(s)</b> Vegetable(s) and/or fruit(s) <i>or</i> Full-strength vegetable or fruit juice <i>or</i> An equivalent quantity of any combination vegetables(s), fruit(s), and juice	½ cup  ½ cup (4 fl. oz.)	¾ cup total <sup>4</sup>	¾ cup  ¾ cup (6 fl. oz.)
<b>Grains/Breads<sup>5</sup></b> Bread Cornbread, biscuits, rolls, muffins, etc., <i>or</i> Cold dry cereal <i>or</i> Cooked pasta or noodle product <i>or</i> Cooked cereal or cereal grains or an equivalent quantity of any combination of bread/bread alternates	1 slice (.9 oz.) 1 serving ¾ cup or 1 oz. <sup>6</sup> ½ cup ½ cup	1 slice (.9 oz.) 1 serving  ½ cup ½ cup	1 slice (.9 oz.) 1 serving ¾ cup or 1 oz. <sup>6</sup> ½ cup ½ cup
<b>Meat/Meat Alternates<sup>7</sup></b> Lean meat, poultry, fish <i>or</i> Cheese <i>or</i> Cottage cheese <i>or</i> Eggs <i>or</i> Cooked dry beans, peas, <i>or</i> Peanut butter, soy nut butter, seed butters, other nut butters, <i>or</i> Peanuts, soy nuts, tree nuts, seeds, <i>or</i> Yogurt, flavored, plain, sweetened, <i>or</i> An equivalent quantity of any combination of the above meat/meat alternates	(Optional) 1 oz. 1 oz. ¼ cup 1 large egg ¼ cup 2 Tbsp. 1 oz. ½ cup (4 fl. oz.) 1 oz. total	2 oz. 2 oz. ½ cup 1 large egg ½ cup 4 Tbsp. 1 oz. = 50% 1 cup (8 fl. oz.) 2 oz. total	1 oz. 1 oz. ¼ cup 1 large egg ¼ cup 2 Tbsp. 1 oz. ½ cup (4 fl. oz.) 1 oz. total

For purposes of this table, a cup means a standard measuring cup.  
Endnote definitions are on the back of this page.  
See the United States Department of Agriculture *Food Buying Guide* for additional information.

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**MEAL PATTERN REQUIREMENT ENDNOTES**

- 1 **SNACKS:** Serve two food items. Each food item must be from a different food component. Juice may not be served when milk is served as the only other component. Sweet snack food products should not be served as part of a supplement (snack) more than twice a week.
- 2 **MILK FOR BREAKFAST:** Serve as a beverage, on cereal, or use part of it for each purpose.
- 3 **MILK FOR LUNCH OR SUPPER:** Served as a beverage.
- 4 **VEGETABLE/FRUIT:** Serve two or more kinds of vegetable(s) and/or fruit(s) for lunch or supper. Full strength vegetable or fruit juice may be counted to meet not more than one-half of the lunch or supper requirements. Full-strength vegetable or fruit juice must be served for breakfast and snack. Juice may not be served for snack when the only other component is milk.
- 5 **DEFINITION OF GRAINS/BREADS:** Grain products, pasta, noodles and cereal grains (such as rice, bulgur, oats, wheat 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 including wheat germ, wheat bran, oat bran, etc., shall be whole-grain, enriched or fortified.  
  
A bread serving is considered to be 1 slice of bread equivalent to 25 grams (0.9 to 1 oz.) in weight. Instructions for determining the appropriate serving sizes for grain products served as bread alternatives (crackers, pancakes, bulgur, etc.) are found in the United States Department of Agriculture (USDA) *Food Buying Guide* or the grains/breads chart for Child Nutrition Programs.
- 6 **QUANTITY OF DRY CEREAL:** Use either volume (cup) or weight (oz.) whichever is less, according to the information in the USDA *Food Buying Guide*.
- 7 **MEAT/MEAT ALTERNATES:** No more than one-half of the requirement shall be met with nuts or seeds for lunch and supper. Whole nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. When determining combinations, 1 oz. of nuts or seeds is equal to 1 oz. of cooked lean meat, poultry, or fish; ¼ cup of cottage cheese is equal to 1 oz. of meat alternate; ½ cup of yogurt is equal to 1 oz. of meat/meat alternate. Nut or seed butter may satisfy 100 percent of the requirement.


**SPECIAL MEAL PATTERN AND DIETARY NEEDS**

1. Will any site be serving children under age 1 year (infants 0 – 12 months)?  Yes  No  
If yes, you must use the appropriate meal pattern for this age group. An infant meal pattern will be supplied by the California Department of Education (CDE).
2. Does any site anticipate the need to use a multi-age group meal pattern, (i.e., smaller portions for children ages 1–3 or 3–6 years)? If yes, a multi-age meal pattern will be supplied by the CDE.  Yes  No
3. Does any site anticipate the need to plan and/or prepare special diets for children with disabilities? (Training in this area is available by the CDE.)  Yes  No

**CERTIFICATION**

*I certify that the Agency will comply with all meal and component requirements set forth in Title 7 of the Code of Federal Regulations, Part 225.16 and other requirements as outlined above. I understand that any meal served not meeting these requirements cannot be claimed for reimbursement under the Summer Food Service Program.*

APPROVED AS TO FORM

SIGNATURE OF AUTHORIZED REPRESENTATIVE:  DATE: 5/24/12  
CHARLES PARSONS

Tom Modica  
Assistant City Manager

EXECUTED PURSUANT  
TO SECTION 301 OF  
THE CITY CHARTER,

By:  LINDA T. VU  
DEPUTY CITY ATTORNEY