

Sponsor Name: _____

SPONSOR'S SFSP MENU FORM

MONTH/YEAR _____

Agreement #: _____

Week of: _____

MEAL PATTERN/REQUIREMENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
1. Milk							
2. Fruit or Vegetable or 100% Juice							
3. Bread							
AM SNACK-SERVE 2 FOOD COMPONENTS							
1. Milk							
2. Meat							
3. Fruit or Vegetable or 100% Juice							
4. Bread							
*LUNCH							
1. Milk							
2. Meat							
3. Fruit and/or Vegetable							
4. Fruit and/or Vegetable							
5. Bread							
PM SNACK-SERVE 2 FOOD COMPONENTS							
1. Milk							
2. Meat							
3. Fruit or Vegetable or 100% Juice							
4. Bread							
*SUPPER							
1. Milk							
2. Meat							
3. Fruit and/or Vegetable							
4. Fruit and/or Vegetable							
5. Bread							

Serving Sizes

MILK
8 fl. Oz

Vegetables and/or Fruit
1/2 cup Breakfast (4oz.)
3/4 cup total (Lunch, Supper, and Snack)

Grains and Breads
Loaf Bread = 1 slice
Cornbread, Biscuits, Rolls, Muffins = 1 serving Cold Dry Cereal = 3/4 cup or 1 oz.
Cooked pasta or Noodle Product = 1/2 cup Cooked Cereal or Cereal Grains = 1/2 cup

Meat and Meat Alternate
Lean Meat or Poultry, Fish, or Cheese = 1 oz.
(Breakfast and Snack) 2 oz. (Lunch and Supper)
Eggs = 1/2 large egg (Breakfast and Snack) 1 large egg (Lunch and Supper)
Cooked Dry Beans or Peas = 1/4 cup (Lunch and Supper)
Peanut Butter = 2 tbsp (Breakfast and Snack) 4 tbsp (Lunch and Supper)

*Lunch and Supper- 3/4 cup total fruit and/or vegetable must be served

Routing : original- State Agency; Yellow- Sponsor