

# SNACK MEAL PATTERN FOR SFSP EMERGENCY MEALS



EMERGENCY FEEDING DURING SCHOOL CLOSURES

Serve at least 1 food item from 2 of the 4 following components:

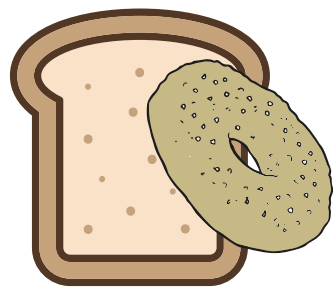
## 1. GRAIN

Grain must be whole grain or enriched and be 1 oz equivalent or weigh the minimum "serving" below.

All Grains Based Desserts are allowed for SFSP Snack



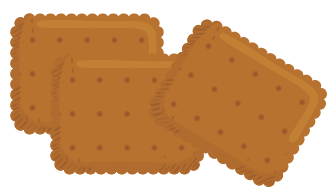
Crackers, Saltines, Croutons, Hard Pretzels 0.7 oz



Bread, Buns, Mini Bagel, Roll, 0.9 oz



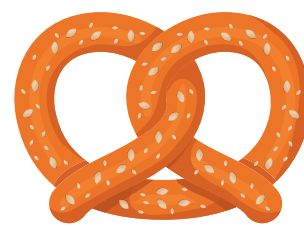
White or Brown Rice, Pasta, & Noodles 1/2 cup cooked



Grahams & Animal Crackers, 0.9 oz



Frosted Donuts, Cinnamon Rolls, Toaster Pastries, Bars & Cookies with Fruit or Choc. Chips 2.2 oz



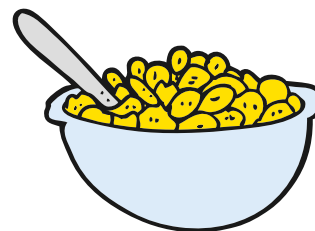
Pizza Crust, Pita Bread, Soft Pretzel, 0.9 oz



Tortilla Chips, Tortillas, Taco Shell 0.9 oz



Small Muffins, 1.8 oz  
Coffee Cake, 2.7 oz



Breakfast Cereal & Granola 3/4 cup or 1 oz



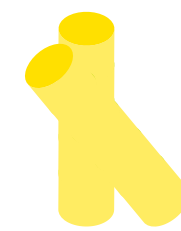
Cereal bars, Plain Granola Bars 1.8 oz

## 2. MEAT/ MEAT ALTERNATE

1 oz Equivalent



Yogurt 4 oz



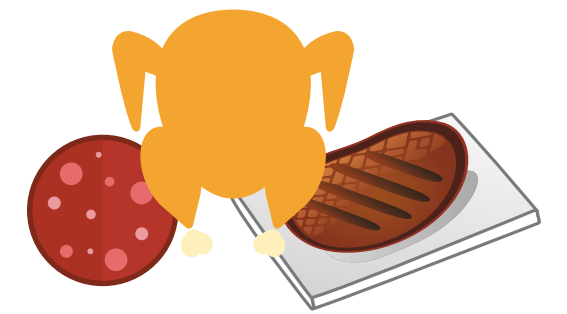
Cheese 1 oz Weight



Fish, Tuna 1 oz Weight



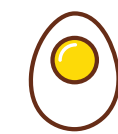
Peanut Butter Sunflower Butter Other Seed Butters 2 Tbsp



Chicken, Turkey, Beef & Boneless Lean Meats 1 oz Weight - No Additives



Nuts & Seeds 1 oz



Half of a Large Egg

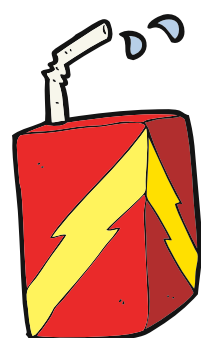


Beans 1/4 cup

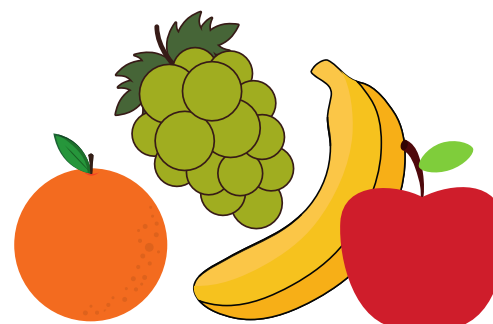
## 3. FRUIT AND/OR VEGETABLE - 3/4 CUP



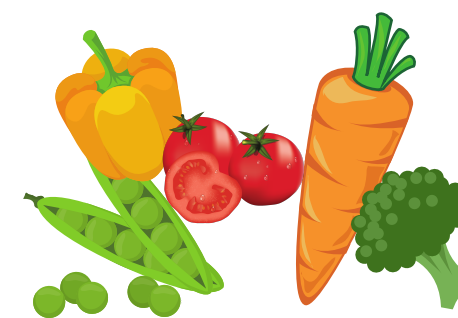
Canned Fruit & Vegetables



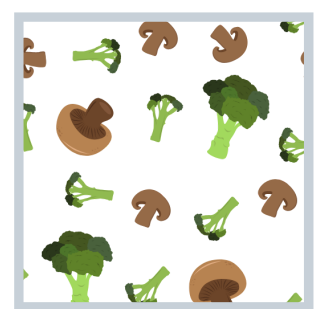
100% Fruit or Veg Juice



Fresh Fruit



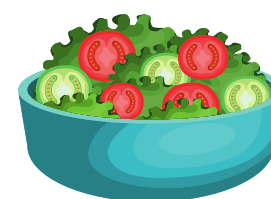
Fresh Vegetables



Frozen Vegetables



Dried fruit and raisins count for the actual volume served instead of double, so 1.1 - 1.3 oz dried fruit packages qualify for about 1/4 cup



Lettuce counts as volume served 1/2 cup lettuce = 1/2 c vegetable

## 4. MILK - 8 FL OZ

\*\*If milk is served, then juice can't be served as the second component

Lots of Flexibility! Allowable types are pasteurized, unflavored or flavored whole milk, reduced-fat milk, low-fat milk, fat-free milk, buttermilk, lactose-reduced milk, or acidophilus milk, even dry powdered milk!

Milk substitutes (e.g., nondairy soy beverages) must meet the minimum nutrient standards in 7 CFR, Part 210.10(d)(3).

If you cannot obtain fluid milk due to an emergency, contact the CDE School Nutrition Programs by email at [SNPINFO@cde.ca.gov](mailto:SNPINFO@cde.ca.gov) to request a waiver