

BREAKFAST MEAL PATTERN FOR SFSP

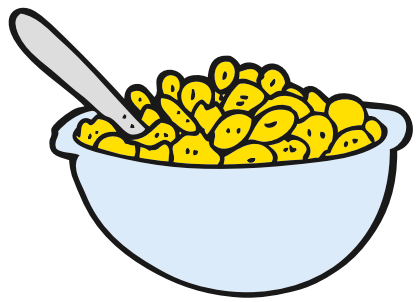
EMERGENCY FEEDING DURING SCHOOL CLOSURES

NOTE this menu is SERVE ALL and is not for implementing Offer Vs Serve

A complete reimbursable SFSP breakfast is easy as 1 - 2 - 3:

1. GRAIN ITEM

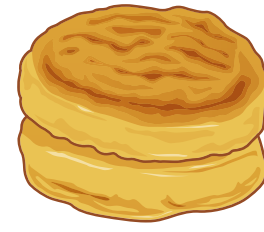
Must be whole grain or enriched and be 1 oz equivalent grain or weigh the minimum "serving" below



Breakfast Cereal & Granola
3/4 cup or 1 oz



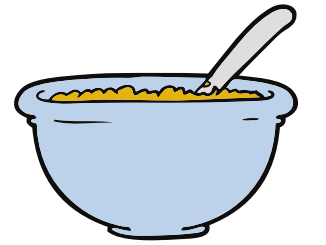
Cereal bars, Breakfast Bars, Plain Granola Bars
1.8 oz



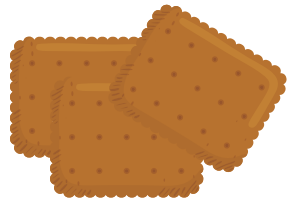
Small Biscuits, Half English Muffins
0.9 oz



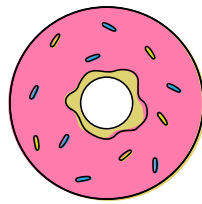
Pancakes & Waffles
1.1 oz



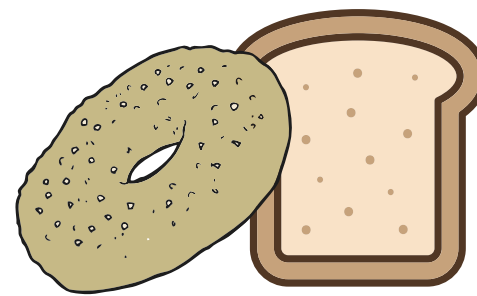
Oatmeal, Hot Cereal
1/2 cup



Graham and Animal Crackers, 0.9 oz



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



Toast, Mini Bagel, Roll
0.9 oz

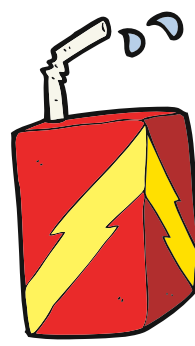


Small Muffins 1.8 oz
Coffee Cake 2.7 oz

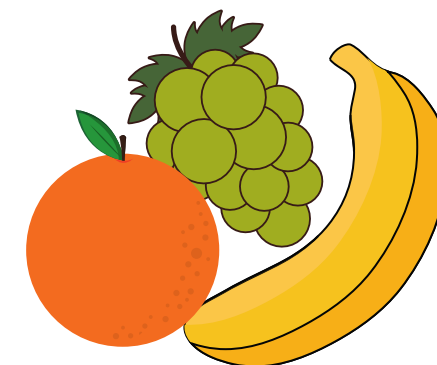
2. FRUIT/VEGETABLE- 1/2 cup



Canned or Frozen Fruit
1/2 cup

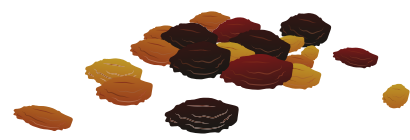


100% Fruit and/or Veg Juice, 4 fl oz



Fresh Fruit
1/2 cup

Dried Fruit



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

3. MILK - 8 fl oz - Only required to serve only 1 type of milk

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 to request a waiver

Extra Food: Meat/Protein, Water

Extra food may be served but *not counted* toward requirements: For example, bottled water, string cheese, hard boiled egg, sunflower seeds, peanut butter