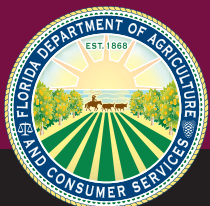


PLANNING STELLAR SUMMER FOOD SERVICE PROGRAM (SFSP) MENUS

The Importance of Summer Meals

According to the United States Department of Agriculture (USDA), The Summer Food Service Program (SFSP) is a federally funded, state-administered program that reimburses sponsors who serve free, nutritious meals and snacks to children and teens when school is not in session.

Appropriate menu planning is essential to provide healthy, safe, affordable and appealing school meals and snacks that meet the meal pattern requirements.



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Florida Department of Agriculture and Consumer Services

Meal Patterns

There are five meal components: **fluid milk, fruits, vegetables, grains and meats/meat alternates (M/MA)**. Specific meal components are required to be served in specific amounts in meal patterns during breakfast, lunch and snack.

MENU DEVELOPMENT

To meet reimbursable meal criteria, plan menus that provide the meal components required for breakfast, lunch, and snack meal patterns. See **FDACS Summer Food Service Program Meal Patterns** for more information.



FIVE TASTY TIPS TO PLAN STELLAR MEALS

Child Nutrition Program Meals can help children receive nutritious meals year-round. These tips can help children develop healthy eating habits that can last a lifetime!

- 1** Choose lower-fat foods! Serve only low-fat (one percent) or fat-free (skim) milk. Lower-fat dairy products contain just as much calcium, potassium and other essential nutrients compared to whole-fat dairy products.
- 2** Provide a rainbow of color! Brighten meals by serving dark green, red, orange, yellow, and purple fruits and vegetables. Buy in season fruits and vegetables as they are at the peak of their flavor and less expensive. See **FDACS Florida Produce Seasonal Availability Calendar** for more ideas.
- 3** Go for whole grains by choosing foods that name a whole-grain ingredient first on the list such as whole wheat, whole oats, whole rye, oatmeal, bulgur, brown rice or wild rice.
- 4** Offer a variety of protein foods in your menu. Choose lean or low-fat cuts of meat and poultry, fish or plant-based proteins such as beans or nuts.
- 5** Limit sodium by choosing fresh foods which are naturally low in sodium. When using canned vegetables with added salt, rinse them before serving. Look for foods labeled as “low sodium”, “reduced sodium” or “no salt added”. Limit foods that contain a high sodium content such as processed meats.

SUMMER FOODSERVICE PROGRAM (SFSP)

Meal Patterns

COMPONENTS AND MINIMUM PORTION SIZE

FOOD COMPONENT	BREAKFAST Serve all three	LUNCH Serve all four	SNACK Serve at least two of the four
Milk	Required	Required	
	8 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetable and Fruits	Required	Required	
	½ cup	¾ cup (2 or more)	¾ cup (1 or more)
Grains/Breads	Required	Required	
	1 serving	1 serving	1 serving
Meat/Meat Alternates		Required	
		2 oz. eq.	1 oz. eq.



Fruits

Serve a variety of fruits such as whole fruits (fresh, frozen, or canned in 100% juice or water) or 100% fruit juice.

Get creative and colorful! Offer fruits that are in season during the summer i.e., Cantaloupe, carambola (starfruit), mangoes, watermelon for peak flavor.



Cantaloupe



Carambola (starfruit)



Mangoes



Watermelon

Vegetables

Fresh, frozen, canned vegetables, or 100% vegetable juice are all great choices!

Offer a variety of vegetables throughout the week. The goal is to serve as many of the following vegetable subgroups as possible:

- Dark green vegetables i.e., broccoli, collard greens, romaine lettuce, spinach
- Red and orange vegetables i.e., carrots, red bell peppers, tomatoes
- Beans and peas (legumes) i.e., black beans, garbanzo beans (chickpeas), lentils, pinto beans, white beans
- Starchy vegetables i.e., corn, green lima beans, green peas, potatoes
- Other vegetables i.e., cabbage, celery, green beans, summer squash



Broccoli



Lettuce



Carrots



Legumes



Summer Squash

Grains

Any food made from barley, cereal grain, cornmeal, oats, rice, or wheat is a grain product. Breakfast cereals (ready to eat), bread, grits, pasta, oatmeal, and tortillas are examples of grain-rich products that can be featured in summer menus.

Check with food distributor or manufacturer for specific crediting information for premade/manufactured products or refer to other crediting guides such as **Exhibit A Grain Chart**.



Ready to eat cereals



Ravioli



Grilled Chicken Wrap



Savory Crackers



Pretzels

Meat/Meat Alternates

Offer a variety of different protein foods throughout the week, such as lean meats, seafood, poultry, low-fat or reduced-fat cheeses and yogurts, legumes (beans and peas)*, and nuts.

Check with food distributor or manufacturer for any available crediting information for specific crediting information for premade/manufactured products.

***Dry beans and peas cannot be credited as both a vegetable and meat/meat alternate within the same meal.**



Beef Patties



Assorted Nuts



Yogurt



Chicken



Cheddar Cheese



Tuna Fish



Kidney Beans

Milk

Offer pasteurized, fresh or shelf-stable, flavored or unflavored with all meals. Fat free flavored and low fat (1%) unflavored, and lactose free milks are great fluid milk options for participating children ages 2-18. Whole milk is required for children 12-24 months of age.

Serve milk as part of a snack 1-2 days per week with a whole grain item such as ready to eat cereal. Serve milk cold at all times. Always return unused containers of milk promptly to the refrigerator to avoid warming above the recommended temperature.



Low-fat Unflavored Milk



Fat-free Strawberry Milk



Fat-free Chocolate Milk



Lactose-free Milk

SUMMER FOODSERVICE PROGRAM (SFSP)

Cycle Menu Planning Tips

Planning menus helps to maintain a successful food service operation. Developing cycle menus is advantageous for summer foodservice.

A cycle menu is a set of repeated menus that are used to forecast, predict, and prepare the food that is available during a period of time i.e., four week cycle menu. The menu is different every day during the cycle. A cycle menu offers variety and allows for substitutions.

Cycle menus can be adjusted to:

- Celebrate special occasions
- Display seasonal foods
- Introduce new foods and recipes
- Replace food items that are not available.

SAMPLE SFSP LUNCH CYCLE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Bean & cheese burrito on whole grain tortilla Mexicali corn Fresh strawberries Low-fat or fat-free milk	Sweet and sour chicken with brown rice Fresh snap sugar peas Mandarin oranges Low-fat or fat-free milk	Whole grain tortilla roll-up with hummus and veggies Romaine salad Orange slices Low-fat or fat-free milk	Spaghetti casserole Mixed spinach and green salad Fresh cantaloupe Low-fat or fat-free milk	Oven-baked parmesan chicken with whole grain bread stick Steamed broccoli Fresh watermelon Low-fat or fat-free milk
Week 2	Black bean taco Fresh sliced cucumber and tomatoes Fresh peaches Low-fat or fat-free milk	Tuna sandwich on whole grain bread Fresh broccoli and cauliflower Fresh blueberries Low-fat or fat-free milk	Pork stir fry with brown rice Steamed broccoli Sliced oranges Low-fat or fat-free milk	Chicken and vegetable soup with whole grain crackers Fresh plums Low-fat or fat-free milk	Mexican pizza on whole grain tortilla Romaine salad Canned peaches Low-fat or fat-free milk
Week 3	Sloppy Joes on whole grain bun Broccoli salad Fresh fruit salad Low-fat or fat-free milk	Turkey burrito on whole grain tortilla Refried beans Fresh honeydew Low-fat or fat-free milk	Minestrone soup with whole grain roll Steamed zucchini Fresh apples Low-fat or fat-free milk	Ham and cheese sandwich on whole grain bread Three bean salad Fresh watermelon Low-fat or fat-free milk	Taco salad with tortilla chips Baby carrots Canned pears Low-fat or fat-free milk
Week 4	Meatloaf with whole grain roll Yellow squash Frozen raspberries Low-fat or fat-free milk	Turkey and cheese on whole grain bread Vegetable soup Fresh bananas Low-fat or fat-free milk	Vegetable chili Corn muffins Fresh kiwi Low-fat or fat-free milk	Oven-baked chicken with brown rice Stir-fry vegetables Frozen peaches Low-fat or fat-free milk	BBQ pork sandwich on whole grain bun Steamed zucchini Mixed fruit Low-fat or fat-free milk

SUMMER FOODSERVICE PROGRAM (SFSP)

Use Standardized Recipes

A standardized recipe is a recipe that has been tried, tested, evaluated, and adapted for the use by a food service operation. Standardized recipes are used daily in child nutrition program operations as a guide to prepare the foods served to customers.

Benefits of using standardized recipes:

- Easily duplicated
- Ensure consistency with nutritional content, including child nutrition crediting information
- Useful in procurement, inventory and labor management.

For more information, see the FDACS
Recipes and Culinary Techniques resource.



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