

Summer Food Service Program (SFSP) Menu Review Checklist

Use this form to review that the daily and weekly menu, meal pattern and portion requirements are met.

Breakfast:	Yes	No
Milk requirements met? ▪ 1 cup (8 fluid ounce) of milk (pasteurized, unflavored or flavored whole milk, reduced-fat milk, low-fat milk, fat-free milk buttermilk, lactose-reduced milk or acidophilus) is served.		
Fruit(s) and/or vegetable(s) or 100% juice requirements met? ▪ 1/2 cup fruit, vegetable, and/or 100% full-strength juice, or an equivalent quantity in any combination is served.		
Grains requirements met?* ▪ 3/4 cup or 1 oz. of dry, ready-to-eat cereals that are whole grain, enriched or fortified, and/or ▪ Equivalent serving (0.9 oz., ½ cup, etc.) of grains/breads from whole grain/enriched flour is served.		
Are all three food items from the three components planned in the minimum required portion sizes?		
Lunch/Supper:	Yes	No
Milk requirements met? ▪ 1 cup (8 fluid ounce) of milk (pasteurized, unflavored or flavored whole milk, reduced-fat milk, low-fat milk, fat-free milk buttermilk, lactose-reduced milk or acidophilus) is served.		
Vegetables and/or fruit(s) requirements met? ▪ 3/4 cup of two or more different vegetables, fruits, or one of each are offered (canned, fresh, etc.) ▪ No more than half of the total vegetable/fruit requirement is met with 100% full-strength juice. ▪ No two forms of the same fruit/vegetable are planned for the same meal (e.g., apple/apple juice).		
Grains requirements met?* ▪ 0.9 oz or equivalent serving (½ cup, 1 slice, etc.) of grains/breads from whole grain and/or enriched flour is served.		
Meat/Meat Alternates (M/MA) requirement met? ▪ Minimum portion size is 2 oz. equivalent. ▪ Nuts/seeds meet no more than half of the total M/MA serving offered and are combined with another M/MA to fulfill the lunch/supper requirements.		
Are all five food items from the four components planned in the minimum required portion sizes?		
Snack/Supplement:	Yes	No
When served, are the milk requirements met? ▪ 1 cup (8 fluid ounce) of milk (pasteurized, unflavored or flavored whole milk, reduced-fat milk, low-fat milk, fat-free milk buttermilk, lactose-reduced milk or acidophilus) is served.		
When served, are the fruit(s) and/or vegetable(s) or 100% juice requirements met? ▪ 3/4 cup from one or more fruits, vegetables and/or 100% full-strength juice is offered.		
When served, are the grains requirements met?* ▪ 3/4 cup/1 oz. of dry, ready-to-eat cereals that are whole grain, enriched or fortified, and/or ▪ Equivalent serving (0.9 oz., ½ cup, etc.) of grains/breads from whole grain/enriched flour is served.		
When served, are meat/meat alternate requirements met? ▪ Minimum portion size is 1 oz. equivalent.		
Milk and Juice are not offered together for snack? (Two fluid components are not allowed.)		
Do snacks contain at least 2 <u>different</u> components in the minimum required portion sizes?		

*Refer to Revised Exhibit A: Grain Requirements to ensure correct portions of grain items are served.