

SFSP Five Day Breakfast Sample Menu: Hispanic Focus

Sponsor #	Sponsor	Contact Name
#1234	ABC Summer Site	Jane Smith

Components		Day 1	Day 2	Day 3	Day 4	Day 5
Grains Minimum: 1 oz. per day	Item	Breakfast Burrito with Salsa	Toast	Breakfast Sausage & Cheese Pizza (CN)	Double Cinnamon Churros (WGR)	Cheese Quesadilla
	Portion in oz.	5x5 piece on 8" Tortilla	1 slice (.9 oz or larger)	2.85 oz.	2 pieces, 5" each	2 oz. Tortilla (6"x2)
	Contribution (oz. eq.)	1.5 servings	1 serving	1 serving	2 oz. eq. servings	2 servings
	2 nd Entrée Choice Item (If planned)					
	Portion in oz.					
	Contribution (oz. eq.)					
Meat/Meat Alternates (optional)	Item	Eggs and Cheese	Pre-cooked Sausage Patty (CN) & Cheese	Cheese/Sausage		1 oz. Shredded Cheese
	Portion	5x5 piece	1 – 1 oz. patty (.75 oz eq.)/0.5 oz cheese	1 oz. total		1 oz (1/4 cup)
	Contribution (oz. eq.)	2 oz. eq. serving	1.25 oz. eq.	1 oz. eq. serving		1 oz. eq. serving
	2 nd Entrée Choice Item (If planned)					
	Portion					
	Contribution (oz. eq.)					
Fruits Vegetables 100% Juice Minimum: ½ cup per day	Item	100% Orange Juice	Baked Plantains	Orange Slices (Whole)	Chilled Canned Fruit Cup with Blueberries	Apple Juice
	Portion in cups	1/2 cup (4 fluid ounces)	1/2 cup	1/2 cup	1/2 cup	1/2 cup (4 fluid ounces)
	2 nd Item (If planned)	Vegetables in Burrito/Salsa				Salsa
	Portion in cups	1/4 cup/1/4 cup				1/4 cup
Other Foods/ Condiments	Item					Sour Cream Packet
	Portion size					1 oz.

Daily Options		White	Chocolate	Strawberry	Other (specify)
Daily Milk	Fat Content	Fat-free	Fat-free	Fat-free	
	Fluid oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.	