

Agreement #: \_\_\_\_\_

Date: \_\_\_\_\_

SFSP-14

## Proposed SFSP Meal Plan

Signature: \_\_\_\_\_

Sponsor assumes all responsibility for meal compliance and changes to menus

BREAKFAST		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Food Components	DATES:							
Milk	1 cup (8oz)							
Vegetables/Fruit/Juice	1/2 cup (4 oz)							
Grains/Breads	1 slice/serving							
LUNCH/SUPPER								
Food Components	DATES:							
Milk	1 cup (8 oz)							
Meat/Meat Alternate	2 oz.							
Vegetables/Fruit/Juice (Must serve 2)	3/4 cup total* (6 oz)							
Grains/Breads	1 slice/serving							
SNACK								
Food Components	Must serve 2							
Milk	1 cup (8 oz)							
Meat/Meat Alternate	2 oz.							
Vegetables/Fruit/Juice	3/4 cup (6 oz)							
Grains/Breads	1 slice/serving							

Select 2 different components of the 4 for snack.

\*Must serve 2 different kinds of vegetables/fruits/juice or a combination.

All grains must be enriched or whole-grain.

No more than 50% of meat/meat alternate can be met with nuts or seeds.

Note: All serving sizes are minimum quantities of the food components that are required to be served.