

## Summer Food Service Program Policies and Procedures

### SMALLER FOOD PORTIONS

This policy is used by the Connecticut State Department of Education (CSDE) to comply with the U.S. Department of Agriculture (USDA) regulations for the Summer Food Service Program (SFSP) 7 CFR 225.16 (d). If any part of this policy conflicts with the SFSP regulations or memoranda issued by the USDA, the federal regulations and memoranda shall take precedence. The SFSP regulations are available on the USDA's [SFSP Regulations](#) Web page.

### MEAL REQUIREMENTS

The SFSP meal requirements are designed to provide nutritious and well-balanced meals for children. Sponsors must ensure that all meals served in the SFSP meet the minimum meal pattern requirements indicated in the "SFSP Meal Pattern" on page 2. Children may be served larger portions but not less than the minimum quantities specified.

### SMALLER PORTIONS FOR CHILDREN UNDER SIX

Per 7 CFR 225.16(f)(2), the CSDE may authorize sponsors to serve smaller quantities of food to children under six, if the sponsor has the capability to ensure that portion size variations are consistent with the age levels of the children being served. Portion sizes for children under six must follow the age-appropriate meal pattern requirements contained in the Child and Adult Care Food Program (CACFP) regulations ([7 CFR 226](#)). For more information, see the [CACFP Meal Pattern](#).

SFSP sponsors must receive **prior approval** from the CSDE to serve children under six smaller portions than the required minimums in the SFSP meal pattern. To request approval, send an e-mail to Caroline Cooke at [caroline.cooke@ct.gov](mailto:caroline.cooke@ct.gov), and include:

1. the site name and age of children to be served;
2. an explanation of why the sponsor wants to deviate from the SFSP meal pattern and serve smaller food quantities than required in 7 CFR 225.16(d); and
3. the SFSP menu.

The CSDE will review this information, and respond to the sponsor by e-mail.

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**SMALLER FOOD PORTIONS, continued**

| <b>SFSP Meal Pattern <sup>1</sup></b>   |                           |                            |  |
|---|---------------------------|----------------------------|--|
| <b>Food Component</b>   | <b>BREAKFAST</b>          | <b>LUNCH OR SUPPER</b>     | <b>SNACK <sup>2</sup></b><br>Serve any two of the four components<br><i>(Must be two DIFFERENT components)</i> |
| <b>MILK, FLUID <sup>3</sup></b>   |                           |                            |  |
| Flavored or unflavored whole milk, low-fat milk, nonfat (skim) milk and buttermilk<br><i>Low-fat (1%) or fat-free milk is recommended</i> | 1 cup<br>(8 fluid ounces) | 1 cup<br>(8 fluid ounces)  | 1 cup<br>(8 fluid ounces)  |
| <b>VEGETABLES AND FRUITS</b>  |                           |                            |  |
| Vegetable(s) and/or fruit(s) or   | ½ cup                     | ¾ cup total <sup>4,5</sup> | ¾ cup  |
| Full-strength (100%) juice (fruit, vegetable or combination) <sup>4</sup> or  | ½ cup (4 fluid ounces)    |                            | ¾ cup (6 fluid ounces)   |
| An equivalent quantity of any combination of the above vegetables and fruits  |                           |                            |  |
| <b>GRAINS AND BREADS <sup>6</sup></b>   |                           |                            |  |
| Bread or  | 1 slice                   | 1 slice                    | 1 slice  |
| Cornbread, biscuits, rolls, muffins, etc. or  | 1 serving                 | 1 serving                  | 1 serving  |
| Cold dry cereal <sup>7</sup> or   | ¾ cup or 1 ounce          | ¾ cup or 1 ounce           | ¾ cup or 1 ounce   |
| Cooked cereal or  | ½ cup                     | ½ cup                      | ½ cup  |
| Cooked pasta or noodle products or  | ½ cup                     | ½ cup                      | ½ cup  |
| Cooked cereal grains or   | ½ cup                     | ½ cup                      | ½ cup  |
| An equivalent quantity of any combination of the above grains and breads  |                           |                            |  |
| <b>MEAT AND MEAT ALTERNATES</b>   |                           |                            |  |
| Lean meat or poultry or fish <sup>8</sup> or  | <b>Optional</b>           | 2 ounces                   | 1 ounce  |
| Alternate protein products <sup>9</sup> or  |                           | 2 ounces                   | 1 ounce  |
| Cheese or   |                           | 2 ounces                   | 1 ounce  |
| Cottage cheese or   |                           | ½ cup                      | ¼ cup  |
| Eggs or   |                           | 1 large egg                | ½ large egg  |
| Cooked dry beans or peas or   |                           | ½ cup                      | ¼ cup  |
| Peanut butter or soynut butter or other nut or seed butters or  |                           | 4 tablespoons              | 2 tablespoons  |
| Peanuts or soynuts or tree nuts or seeds <sup>10</sup> or   |                           | 1 ounce = 50 percent       | 1 ounce  |
| Yogurt <sup>11</sup> , plain or flavored, unsweetened or sweetened or   |                           | 8 ounces or 1 cup          | 4 ounces or ½ cup  |
| An equivalent quantity of any combination of the above meat and meat alternates   |                           |                            |  |
| <b>◀ See next page for important menu planning notes ▶</b>  |                           |                            |  |

**SMALLER FOOD PORTIONS, continued**

**SFSP Meal Pattern Menu Planning Notes**

- <sup>1</sup> The SFSP meal pattern shows the minimum amounts of each component that must be made available to each child to claim reimbursement for the meal. Children may be served larger portions but not less than the minimum quantities specified. Use the USDA [Food Buying Guide for School Meal Programs](#) to determine the amount of purchased food that meets the requirements. For processed foods, review [Child Nutrition \(CN\) labels](#) or [product formulation statements](#).
- <sup>2</sup> Snack must consist of two food items, each from a **different** food component. For example, a snack containing fruit juice and carrot sticks does not meet the meal pattern requirements because both food items are from the vegetables/fruits component. Juice cannot be served when milk is the only other snack component.
- <sup>3</sup> Milk must be pasteurized and meet state and local standards. For best nutrition, serve only **low-fat (1%) or fat-free milk**. At lunch/supper, milk must be served as a beverage. At breakfast, milk can be served as a beverage, on cereal or both.
- <sup>4</sup> At lunch/supper, full-strength 100 percent juice cannot exceed half of the vegetables/fruits component, i.e., no more than  $\frac{3}{8}$  cup of juice.
- <sup>5</sup> Serve two or more **different** kinds of vegetables and/or fruits, i.e., two vegetables, two fruits or one vegetable and one fruit.
- <sup>6</sup> Bread, pasta or noodle products and cereal grains (such as rice, bulgur and corn grits) must be whole grain or enriched. Cornbread, biscuits, rolls, muffins and other breads must be made with whole-grain or enriched flour or meal. Breakfast cereals must be whole grain, enriched or fortified. Bran and germ credit the same as enriched or whole-grain meal or flour. All products must meet the minimum serving sizes specified in [Serving Sizes for Grains/Breads in the Summer Food Service Program](#). For best nutrition, serve whole-grain products most often.
- <sup>7</sup> One serving of cold breakfast cereal must measure  $\frac{3}{4}$  cup or weigh 1 ounce, whichever is less. Breakfast cereals are traditionally served as a breakfast menu item but may also be served in other meals.
- <sup>8</sup> The serving size for meat/meat alternates refers to the **edible** portion of cooked lean meat, poultry or fish as served, e.g., cooked lean meat without bone.
- <sup>9</sup> Alternate protein products must meet the requirements specified by the USDA in Appendix A to Part 225 of the SFSP regulations.
- <sup>10</sup> Tree nuts and seeds that may be used as meat alternates include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios and soynuts. One ounce of nuts/seeds equals one ounce of cooked lean meat, poultry or fish. At lunch/supper, nuts and seeds cannot exceed 50 percent (1 ounce) of the meat/meat alternates requirement. They must be combined with another meat/meat alternate to meet the required 2-ounce serving.
- <sup>11</sup> To increase nutrient variety, yogurt should not be served when milk is the only other snack component.

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### SMALLER FOOD PORTIONS, continued

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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;*
- (2) fax: (202) 690-7442; or*
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).*

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For more information on SFSP policies, visit the CSDE's [SFSP Policies and Procedures](#) Web page or contact Caroline Cooke at [caroline.cooke@ct.gov](mailto:caroline.cooke@ct.gov) or 860-807-2144, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

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