

SFSP FOOD COMPONENTS



MILK

Allowable food items:

- Pasteurized, unflavored or flavored whole milk, reduced-fat milk, low-fat milk, fat-free milk, buttermilk, lactose-reduced milk, or acidophilus milk.
- See Substitutions and Exceptions in this Guide for information on milk substitutes.

Guidelines:

- At breakfast or for snacks, milk can be served as a beverage or on cereal, or in a combination of both.
- At lunch or supper, milk must be served as a beverage.
- Other dairy products are served as a milk/milk alternate.



VEGETABLES AND FRUITS

Allowable food items:

Vegetables, such as:

- Dark green: bok choy, broccoli, collard greens, dark-green leafy lettuce, kale, spinach
- Red and orange: carrots, pumpkin, red peppers, butternut squash, sweet potatoes, tomatoes
- Starchy: corn, green peas, potatoes
- Dry beans and peas: black beans, black-eyed peas, chickpeas, kidney beans, lentils
- Other: green beans, artichoke, avocado, cabbage, cauliflower, celery, cucumber
- Full strength (100%) vegetable juice

Fruits, such as:

- Apples, bananas, blackberries, cantaloupe, grapes, kiwi, mangoes, oranges, pears, pineapple, plums, raspberries, watermelon
- Full strength (100%) fruit juice

Guidelines:

- At breakfast, a serving of fruit, vegetable, or full-strength (100%) juice, or an equivalent quantity in any combination, is required.
- For lunch or supper, serve two or more kinds of vegetables and/or fruits at each meal. Up to one-half of the total requirements may be met with full-strength juice.
- Cooked vegetables means a serving of drained cooked vegetables.
- Cooked or canned fruit means a serving of fruit and the juice it's packed in; thawed frozen fruit includes fruit and the thawed juice.
- Dry beans and peas cannot be credited as both a vegetable and meat/meat alternate within the same meal.

- Dried fruits, such as dried apricots, raisins, and prunes, may be used to meet requirements.
- Fruit within yogurt, whether blended, mixed, or on top, cannot be credited toward the fruit requirement. Extra fruit provided as a separate component can be credited.
- Small amounts (less than 1/8 cup) of onions, pickles, relish, ketchup, jams or jellies, or other condiments may be added as additional foods for flavor or garnish. However, these do not count towards the fruit and vegetable requirement.

Juice

- Full-strength (100%) juice may not be served for a snack if milk is the only other component served.
- Juice or syrup from canned fruit does not count as fruit juice.
- Do not serve two forms of the same fruit or vegetable in the same meal, for example: an orange and orange juice, or an apple and applesauce.



GRAINS

Allowable food items:

Whole grains, such as

- Whole-grain or whole-wheat bagels, breads, cereal (ready-to-eat), crackers, pita bread, rolls, noodles, or pasta; whole-corn tortillas
- Brown rice, buckwheat, oatmeal, quinoa.

Enriched grains, such as:

- Bagels, cereal (ready-to-eat), cornbread, muffins, crackers, tortillas, noodles or pasta, pita bread, rolls, wheat bread, white bread
- Enriched rice
- Enriched or fortified cereal

Guidelines:

- Grains and breads must be whole-grain or enriched, or made from whole-grain or enriched flour or meal; ready-to-eat cereals must be whole-grain, enriched or fortified.
- Enriched macaroni products that have been fortified with protein may count towards either the grains component or the meat/meat alternate component, but not as both in the same meal.
- Bran and germ are credited the same as whole-grain or enriched meal or flour.
- Piecrust used as part of the main dish (i.e., for meat turnovers or meat pies) is allowed as a grain item.
- Non-sweet snack foods such as hard pretzels, hard bread sticks, and chips made from whole-grain or enriched meal or flour can be used to meet the grain requirement.
- Sweet grain-based foods should not be served as part of a snack more than twice a week.
- Choose whole grains and whole-grain products when possible to provide additional vitamins, minerals, and fiber; see [Building a Healthy Plate](#) for more information on identifying and serving healthy whole-grain products.



MEAT AND MEAT ALTERNATES

Allowable food items:

Meat, fish, poultry, and eggs, such as:

- Beef, chicken, fish, ham, pork, turkey, eggs

Cheese, such as:

- American, cheddar, cottage, mozzarella, Parmesan, ricotta, Swiss

Dry beans and peas, such as:

- Black beans, black-eyed peas, chickpeas, kidney beans, lentils, pinto beans, refried beans, soybeans,

Nuts and seeds, such as:

- Almonds, cashews, hazelnuts, peanuts, pecans, pumpkin seeds, sesame seeds, sunflower seeds, walnuts
- Nut butters: almond, peanut, etc.

Yogurt

- Commercially produced yogurt, plain or flavored, unsweetened or sweetened, whole-fat, low-fat, or fat-free
- Alternate protein product (APP)
- Products mixed or made into food items, such as ground beef patties, meat loaf, tuna salad, chicken nuggets, pizza toppings

Guidelines:

- Meat or meat alternates must be served at lunch and supper.
- Meat and meat alternates may be served as part of a snack or as an additional item at breakfast.
- Dry beans and peas cannot be credited as both a vegetable and meat/meat alternate within the same meal.

Nuts and seeds

- Nuts and seeds may fulfill the entire meat/meat alternate requirement for snack, and up to half of the required meat/meat alternate requirement for lunch or supper.
- When combining nuts and seeds with another meat/meat alternate to fulfill the lunch or supper requirement, 1 oz. of nuts or seeds is equal to 1 oz. of cooked lean meat, poultry, or fish.
- Children under 4 years old are at the highest risk of choking; USDA recommends that nuts and seeds only be served to young children ground or finely chopped in a prepared food, and nut butters should be spread thinly on bread or crackers.

Yogurt

- For breakfast and snack, 4 oz. or ½ cup of plain, sweetened, or flavored yogurt may be served to equal 1 oz. of meat/meat alternate.

Other Meat Alternates

- For lunch and supper, 8 oz. or 1 cup of plain, sweetened, or flavored yogurt may be served to equal 2 oz. of meat/meat alternate.
- Homemade yogurt, frozen yogurt, or other yogurt-flavored products (e.g. yogurt bars, yogurt-covered fruit or nuts, etc.) are not creditable.