

## Seamless Summer Option: Providing Multiple Meals at a Time During the Coronavirus (COVID-19) Pandemic



The U.S. Department of Agriculture (USDA) is working with State Child Nutrition agencies to provide safe and flexible meal service to children during the coronavirus (COVID-19) pandemic. During unanticipated school closures, School Food Authorities can offer meals and/or snacks to students through the USDA National School Lunch Program’s Seamless Summer Option (SSO). Under nationwide non-congregate feeding and meal times waivers, State agencies may allow Program operators to provide more than 1 day’s worth of meals to eligible children via a single meal pick-up (by the child or the child’s parent or guardian) or delivery.<sup>1,2</sup> For example, a SSO site may distribute 2 days of meals on Monday morning, providing program participants with breakfast and lunch for both Monday and Tuesday.

### Under the SSO, what meals and snacks can Program operators claim for reimbursement per child, per day?

- Breakfast and lunch;
- Breakfast and snack;
- Lunch and snack;
- Breakfast and supper; or
- Supper and snack.

### What should Program operators consider when deciding how many days of meals to provide at a time?

- How long foods may be safely stored before eating.
- How long foods can be stored before food quality suffers.
- Participants’ access to refrigerator and freezer space for the amounts of food and milk provided.
- Food storage space at the meal distribution site and on meal delivery vehicles (such as buses or food trucks).
- Whether fewer pick-up days and times will decrease access to meals for some children.



<https://www.fns.usda.gov/disaster/pandemic/covid-19>

<sup>1</sup>Nationwide Waiver To Allow Meal Service Time Flexibility in the Child Nutrition Programs, COVID-19: Child Nutrition Response #1, <https://www.fns.usda.gov/cn/covid-19-meal-times-nationwide-waiver>.

<sup>2</sup>Nationwide Waiver To Allow Non-Congregate Feeding in the Child Nutrition Programs, COVID-19: Child Nutrition Response #2, <https://www.fns.usda.gov/cn/covid-19/non-congregate-feeding-nationwide-waiver>.

## WHAT FOOD ITEMS MAY BE PROVIDED IN BULK?

- Foods that normally credit towards reimbursable meals under the SSO.
- Foods that are recognizable as a meal component in a reimbursable meal.
- Foods that do not require much preparation or the addition of other ingredients (aside from water) before eating.

## CAN FROZEN BULK FOODS BE PROVIDED?

Yes. Frozen foods, which require minimal preparation other than heating, may be provided as part of meals if they meet meal pattern requirements. Providing foods in a frozen state may be a safe way to offer perishable foods for consumption later in the week (for example, 4 or 5 days after distribution).

## Providing Foods in “Bulk” Packages

Under State-approved non-congregate feeding and meal times waivers, Program operators may provide **bulk food** items that contribute to multiple meals for children. Program operators can provide menus and instructions with the foods to communicate to children and their parents or guardians how to portion and serve foods at mealtime. For example, the Program operator could provide a quart of milk, instead of four 8-fl oz cartons of milk, along with a menu showing that 8 fl oz (1 cup) of milk is part of each meal.

During the COVID-19 public health emergency, with State-approved non-congregate feeding and meal times waivers, Program operators are not required to provide “**unitized**” meals.

## MEAL PATTERN CONSIDERATIONS FOR PROGRAM OPERATORS

- How menus will be planned to:
  - provide a variety of foods within the meal components to ensure meals meet the nutritional needs of children.
  - meet meal pattern requirements for vegetable subgroups over the course of the week.\*
  - provide no more than half of fruits or vegetables as 100% juice over the course of the week.\*
- How “extra” foods will contribute toward average weekly calorie, saturated fat, and sodium amounts.\*

\*State agencies may grant waivers for these and other meal pattern requirements under specific circumstances. For more information, visit <https://www.fns.usda.gov/cn/covid-19-meal-pattern-flexibility-waiver>.

### Bulk Foods

**Bulk food** packages contain an amount of food that is more than what is required at a single meal under the SSO meal pattern. A bulk food item may provide food to be eaten at more than one meal. For example, a quart of milk provides four 1-cup servings.

### Unitized Meals

Meals are considered **unitized** when meal components are provided and packaged in amounts for a single meal. For example, a unitized grab ‘n go bagged breakfast for Kindergarten (K) through 6th grade might include: 8 fl oz (1 cup) milk, 1 oz eq cereal, 1 oz eq cheese stick, and 1 cup fruit.



Things To Consider When Offering Bulk Food Items	Best Practices
 <p>Parent/Guardian Time and Availability</p>	<p>Offering foods that are pre-prepared and do not require cooking and chopping.</p>
 <p>Age/Developmental Abilities of the Children Served</p>	<p>Offering fruits and vegetables that are washed, cut, and ready to eat.</p>
 <p>Literacy Level of Families</p>	<p>Offering foods that require few preparation instructions before they are served to children. Providing instructions using pictures and in the primary language spoken at home.</p>
 <p>Access to Kitchen Appliances and Cooking Tools</p>	<p>Offering foods that do not require pots, pans, large refrigerators, knives, and other items to prepare them.</p>
 <p>Access to Potable Water</p>	<p>Offering foods that do not require the addition of water, cooking in water, or washing before eating.</p>
 <p>Food Safety Risk</p>	<p>Offering foods that are pre-washed or pre-cooked. Providing food safety instructions using pictures and in the primary language spoken at home.</p>

## Food Amounts

The chart on pages 4–6 shows the minimum amount of foods needed to meet meal pattern requirements for breakfast and lunch when providing 2, 3, or 4 days’ worth of meals. Note that the amount of foods needed to meet meal pattern requirements does not always equate to common can and container sizes available on the retail market. In these instances, more food than what is required would need to be provided if Program operators wish to use bulk packages. Program operators would need to round up and provide the next full-size container.

### Menu Planning Considerations:

- The cost of providing multiple-serving versus single-serving packages.
- How extra food provided will contribute to average weekly calories, sodium, and saturated fat amounts.
- How at least half of the fruits or vegetables will be provided as whole or cut-up fruits and vegetables (and not juice) over the course of the week.

# Breakfast (B) and Lunch (L): Minimum Amounts of Food Needed for 2, 3, or 4-Day Distribution

This chart shows how minimum required amounts compare to container sizes commonly available on the retail market. Amounts are based on information from the Food Buying Guide for Child Nutrition Programs (<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>).

	Grades K-8			Grades 9-12		
	2-day	3-day	4-day	2-day	3-day	4-day
Milk	8 fl oz per serving			8 fl oz per serving		
1 quart of milk = 4 cups (32 fl oz) ½ gallon of milk = 8 cups (64 fl oz)						
Milk (B)	16 fl oz (2 cups)	24 fl oz (3 cups)	32 fl oz (4 cups)	16 fl oz (2 cups)	24 fl oz (3 cups)	32 fl oz (4 cups)
Milk (L)	16 fl oz (2 cups)	24 fl oz (3 cups)	32 fl oz (4 cups)	16 fl oz (2 cups)	24 fl oz (3 cups)	32 fl oz (4 cups)
<b>Total Milk</b>	<b>1 qt (32 fl oz)</b>	<b>1.5 qts (48 fl oz)</b>	<b>0.5 gal (64 fl oz)</b>	<b>1 qt (32 fl oz)</b>	<b>1.5 qts (48 fl oz)</b>	<b>0.5 gal (64 fl oz)</b>
<b>These are common container sizes.</b>						
Applesauce (23-oz jar)	Serving amount varies			Serving amount varies		
Applesauce (B)	Breakfast: 1 cup			Breakfast: 1 cup		
	0.79 jar (2 cups)	1.18 jars (3 cups)	1.58 jars (4 cups)	0.79 jar (2 cups)	1.18 jars (3 cups)	1.58 jars (4 cups)
Applesauce (L)	Lunch: ½ cup			Lunch: 1 cup		
	0.40 jar (1 cup)	0.59 jar (1.5 cups)	0.79 jar (2 cups)	0.79 jar (2 cups)	1.18 jars (3 cups)	1.58 jars (4 cups)
<b>Total Jars (23-oz jars) of Applesauce</b>	<b>1.19 jars (3 cups)</b>	<b>1.77 jars (4.5 cups)</b>	<b>2.37 jars (6 cups)</b>	<b>1.58 jars (4 cups)</b>	<b>2.36 jars (6 cups)</b>	<b>3.16 jars (8 cups)</b>
<b>Reminder</b> Round up when the amount needed is only part of a jar. For example, provide 2 jars if the amount needed is 1.19 jars.						
Fruit Juice	Serving amount varies			Serving amount varies		
	Breakfast: ½ cup (4 fl oz)			Breakfast: ½ cup (4 fl oz)		
Juice, 100% full-strength (B)	8 fl oz (1 cup)	12 fl oz (1.5 cups)	16 fl oz (2 cups)	8 fl oz (1 cup)	12 fl oz (1.5 cups)	16 fl oz (2 cups)
	Lunch: ¼ cup (2 fl oz)			Lunch: ½ cup (4 fl oz)		
Juice, 100% full-strength (L)	4 fl oz (0.5 cup)	6 fl oz (0.75 cups)	8 fl oz (1 cups)	8 fl oz (1 cup)	12 fl oz (1.5 cups)	16 fl oz (2 cups)
<b>Total Juice</b>	<b>12 fl oz (1.5 cups)</b>	<b>18 fl oz (2.25 cups)</b>	<b>24 fl oz (3 cups)</b>	<b>16 fl oz (2 cups)</b>	<b>24 fl oz (3 cups)</b>	<b>32 fl oz (4 cups)</b>
<b>Reminder</b> Under SSO meal pattern requirements, up to half of the fruit and/or vegetable offerings may be in the form of pasteurized, 100% full-strength juice.						
Canned Peaches (16-oz can)	Serving amount varies			Serving amount varies		
Peaches, Sliced (B)	Breakfast: 1 cup			Breakfast: 1 cup		
	1.25 cans (2 cups)	1.88 cans (3 cups)	2.5 cans (4 cups)	1.25 cans (2 cups)	1.88 cans (3 cups)	2.5 cans (4 cups)
Peaches, Sliced (L)	Lunch: ½ cup			Lunch: 1 cup		
	0.63 can (1 cup)	0.94 cans (1.5 cups)	1.25 cans (2 cups)	1.25 cans (2 cups)	1.88 cans (3 cups)	2.5 cans (4 cups)
<b>Total Cans (16-oz cans) of Peaches</b>	<b>1.88 cans (3 cups)</b>	<b>2.82 cans (4.5 cups)</b>	<b>3.75 cans (6 cups)</b>	<b>2.5 cans (4 cups)</b>	<b>3.76 cans (6 cups)</b>	<b>5.0 cans (8 cups)</b>
<b>This is a common container size.</b>						

	Grades K-8			Grades 9-12		
	2-day	3-day	4-day	2-day	3-day	4-day
<b>Canned Pears (15-oz can)</b>	Serving amount varies			Serving amount varies		
Pears, Halves (B)	Breakfast: 1 cup			Breakfast: 1 cup		
	1.14 cans (2 cups)	1.71 cans (3 cups)	2.28 cans (4 cups)	1.14 cans (2 cups)	1.71 cans (3 cups)	2.28 cans (4 cups)
Pears, Halves (L)	Lunch: ½ cup			Lunch: 1 cup		
	0.57 can (1 cup)	0.85 can (1.5 cups)	1.14 cans (2 cups)	1.14 cans (2 cups)	1.71 cans (3 cups)	2.28 cans (4 cups)
<b>Total Cans (15-oz cans) of Pears</b>	<b>1.71 cans (3 cups)</b>	<b>2.56 cans (4.5 cups)</b>	<b>3.42 cans (6 cups)</b>	<b>2.28 cans (4 cups)</b>	<b>3.42 cans (6 cups)</b>	<b>4.56 cans (8 cups)</b>
<b>Canned Fruit Cocktail (15-oz can)</b>	Serving amount varies			Serving amount varies		
Fruit Cocktail (B)	Breakfast: 1 cup			Breakfast: 1 cup		
	1.27 cans (2 cups)	1.90 cans (3 cups)	2.54 cans (4 cups)	1.27 cans (2 cups)	1.90 cans (3 cups)	2.54 cans (4 cups)
Fruit Cocktail (L)	Lunch: ½ cup			Lunch: 1 cup		
	0.64 can (1 cup)	0.95 can (1.5 cups)	1.27 cans (2 cups)	1.27 cans (2 cups)	1.90 cans (3 cups)	2.54 cans (4 cups)
<b>Total Cans (15-oz cans) of Fruit Cocktail</b>	<b>1.91 cans (3 cups)</b>	<b>2.85 cans (4.5 cups)</b>	<b>3.81 cans (6 cups)</b>	<b>2.54 cans (4 cups)</b>	<b>3.80 cans (6 cups)</b>	<b>5.08 cans (8 cups)</b>
<b>Baby Carrots (16-oz bag)</b>	Lunch: ¾ cup			Lunch: 1 cup		
Baby Carrots (L)	0.47 bag (1.5 cups)	0.70 bag (2.25 cups)	0.93 bag (3 cups)	0.62 bag (2 cups)	0.93 bag (3 cups)	1.24 bags (4 cups)
<b>Total Bags (16-oz bags) of Baby Carrots</b>	<b>0.47 bag (1.5 cups)</b>	<b>0.70 bag (2.25 cups)</b>	<b>0.93 bag (3 cups)</b>	<b>0.62 bag (2 cups)</b>	<b>0.93 bag (3 cups)</b>	<b>1.24 bags (4 cups)</b>
<b>Broccoli, Frozen, Florets (16-oz bag)</b>	Lunch: ¾ cup			Lunch: 1 cup		
Broccoli (L)	0.43 bag (1.5 cups)	0.64 bag (2.25 cups)	0.86 bag (3 cups)	0.57 bag (2 cups)	0.86 bag (3 cups)	1.14 bags (4 cups)
<b>Total Bags (16-oz bags) of Broccoli</b>	<b>0.43 bag (1.5 cups)</b>	<b>0.64 bag (2.25 cups)</b>	<b>0.86 bag (3 cups)</b>	<b>0.57 bag (2 cups)</b>	<b>0.86 bag (3 cups)</b>	<b>1.14 bags (4 cups)</b>
<b>Green Beans, Frozen, Cut (16-oz bag)</b>	Lunch: ¾ cup			Lunch: 1 cup		
Green Beans (L)	0.51 bag (1.5 cups)	0.78 bag (2.25 cups)	1 bag (3 cups)	0.69 bag (2 cups)	1 bag (3 cups)	1.38 bags (4 cups)
<b>Total Bags (16-oz bags) of Green Beans</b>	<b>0.51 bag (1.5 cups)</b>	<b>0.78 bag (2.25 cups)</b>	<b>1 bag (3 cups)</b>	<b>0.69 bag (2 cups)</b>	<b>1 bag (3 cups)</b>	<b>1.38 bags (4 cups)</b>

These are common container sizes.

	Grades K-8			Grades 9-12		
	2-day	3-day	4-day	2-day	3-day	4-day
Bread, Whole Grain-Rich (20-oz loaf)	Serving amount varies			Serving amount varies		
	Breakfast: 1 oz eq			Breakfast: 1 oz eq		
Bread, Whole Grain-Rich (B)	2 slices (2 oz eq)	3 slices (3 oz eq)	4 slices (4 oz eq)	2 slices (2 oz eq)	3 slices (3 oz eq)	4 slices (4 oz eq)
	Lunch: 1 oz eq			Lunch: 2 oz eq		
Bread, Whole Grain-Rich (L)	2 slices (2 oz eq)	3 slices (3 oz eq)	4 slices (4 oz eq)	4 slices (4 oz eq)	6 slices (6 oz eq)	8 slices (8 oz eq)
<b>Total Loaves (20-oz loaf) of Bread</b>	<b>0.2 loaf (4 slices)</b>	<b>0.3 loaf (6 slices)</b>	<b>0.4 loaf (8 slices)</b>	<b>0.3 loaf (6 slices)</b>	<b>0.45 loaf (9 slices)</b>	<b>0.6 loaf (12 slices)</b>
Canned Black Beans (15.5-oz can)	Lunch: 1 oz eq (¼ cup)			Lunch: 2 oz eq (½ cup)		
Black Beans (L)	0.34 can (0.5 cup)	0.51 can (0.75 cup)	0.68 can (1 cup)	0.68 can (1 cup)	1 can (1.5 cups)	1.35 cans (2 cups)
<b>Total Cans of (15.5-oz cans) Black Beans</b>	<b>0.34 can (0.5 cup)</b>	<b>0.51 can (0.75 cup)</b>	<b>0.68 can (1 cup)</b>	<b>0.68 can (1 cup)</b>	<b>1 can (1.5 cups)</b>	<b>1.35 cans (2 cups)</b>
Canned Refried Beans (16-oz can)	Lunch: 1 oz eq (¼ cup)			Lunch: 2 oz eq (½ cup)		
Refried Beans (L)	0.28 can (0.5 cup)	0.42 can (0.75 cup)	0.57 can (1 cup)	0.57 can (1 cup)	0.85 can (1.5 cups)	1.13 cans (2 cups)
<b>Total Cans (16-oz cans) of Refried Beans</b>	<b>0.28 can (0.5 cup)</b>	<b>0.42 can (0.75 cup)</b>	<b>0.57 can (1 cup)</b>	<b>0.57 can (1 cup)</b>	<b>0.85 can (1.5 cups)</b>	<b>1.13 cans (2 cups)</b>
Canned Tuna, Chunk Style (6-oz can)	Lunch: 1 oz eq			Lunch: 2 oz eq		
Tuna (L)	0.38 can (2 oz)	0.57 can (3 oz)	0.76 can (4 oz)	0.76 can (4 oz)	1.14 cans (6 oz)	1.52 cans (8 oz)
<b>Total Cans (6-oz cans) of Tuna</b>	<b>0.38 can (2 oz)</b>	<b>0.57 can (3 oz)</b>	<b>0.76 can (4 oz)</b>	<b>0.76 can (4 oz)</b>	<b>1.14 cans (6 oz)</b>	<b>1.52 cans (8 oz)</b>
Yogurt, Commercially Prepared (32-oz container)	Lunch: 1 oz eq (½ cup)			Lunch: 2 oz eq (1 cup)		
Yogurt (L)	8 oz (2 oz eq)	12 oz (3 oz eq)	16 oz (4 oz eq)	16 oz (4 oz eq)	24 oz (6 oz eq)	32 oz (8 oz eq)
<b>Total Containers (32-oz containers) of Yogurt</b>	<b>0.25 container (8 oz)</b>	<b>0.38 container (12 oz)</b>	<b>0.50 container (16 oz)</b>	<b>0.50 container (16 oz)</b>	<b>0.75 container (24 oz)</b>	<b>1 container (32 oz)</b>

This is a common container size.

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oz = ounce; oz eq = ounce equivalent; fl oz = fluid ounces; qt = quart; gal = gallons

## Food Quality

Distributing 2, 3, or 4 days of meals may present food quality challenges. Below are some tips to consider:



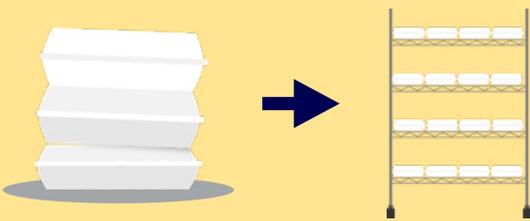
For sandwiches and wraps, package bread separately from sandwich fillings and provide instructions on how parents, guardians, and older children can assemble the sandwiches at mealtime.



For peanut butter and jelly sandwiches, distributing frozen sandwiches may help prevent items from being smashed or damaged during transport. Provide instructions with the meal indicating that sandwiches should be thawed in the refrigerator before eating.



For pre-made salads, package dressings separately from salad greens and provide instructions on how to dress the salad at home.



Avoid stacking meals to prevent damage. Large rolling carts can help transport meals in single layers around the distribution site.

## Production Records

When providing multiple meals at a time, Program operators must continue to maintain production and menu records that show the served meal components and quantities for each grade group. A production record for a week's worth of meals must show all meals for the week, amounts provided, and meal component crediting information. Production records must indicate the total number of meals produced and served. As a best practice, one weekly production record should be completed for each meal type (e.g., breakfast, lunch) and grade group served (e.g., K-8, 9-12). Program operators must keep supporting menu documentation, such as labels, recipes, and manufacturer specifications in accordance with Program regulations.

## Meal Accommodations

Program operators must continue to provide reasonable modifications to Program meals or the meal service to accommodate children with disabilities.

## Food Safety

When providing meals, Program operators are encouraged to help parents and guardians identify which foods require refrigeration, cooking, or heating for food safety. Examples of strategies include:

- Labeling foods that require refrigeration or freezing.
- Providing a list of foods that require refrigeration and reheating.
- Sorting foods into two different bags prior to distribution—one for refrigerated foods and another for shelf-stable foods.

In addition, Program operators are encouraged to remind parents and guardians to:

- Wash hands with soap and warm water for at least 20 seconds before preparing or handling food.
- Wash dishes, utensils, tables, and counter tops with hot, soapy water before and after eating food.
- Refrigerate or freeze meals and milk immediately after pick up or delivery. Set home refrigerator temperatures to 40 °F or below.
- Eat perishable food (e.g., prepared chicken, cooked pasta, etc.) earlier in the week. Eat shelf-stable or frozen meals (e.g., nut butter, canned foods, frozen foods) later in the week.
- Reheat prepared foods, like cooked chicken and cooked hamburger patties, to an internal temperature of at least 165 °F. Heat frozen foods according to package instructions.
- Discard leftovers and open containers/packages of refrigerated food within 3-4 days.
- Unopened containers of milk are typically safe for up to 1 week after the sell-by date. Look for signs of spoilage (for example, a bad smell) before drinking milk.

Monday	Tuesday	Wednesday	Thursday	Friday
Eat perishable food (e.g., prepared chicken, cooked pasta, etc.) earlier in the week.			Eat shelf-stable or frozen meals (e.g., nut butter, canned foods, frozen foods) later in the week.	

For more information on food safety, visit <https://www.foodsafety.gov>.

## Communicating What Makes a Meal

Program operators are strongly encouraged to provide parents, guardians, and participants with a list of the items they are receiving, and menus showing which foods, and how much of each food, should be served at each meal. When possible, Program operators should provide this information in multiple languages and use visual aids, such as pictures. See examples on pages 9–12.



# Sample Communication To Accompany Meals for a Child in Grades K-8 (2 Days of Breakfasts and Lunches)

**Program operator note:**  
The meals over the 2 days, including any extra carrots and canned fruit, fall within average weekly calorie, sodium, and saturated fat standards.

**What's Inside?** | These bags include meals for your child. They include foods for 2 breakfast and 2 lunch meals.

## Cold Bag:

- 1 Quart Low-Fat (1%) or Fat-Free Milk (32 fl oz/4 cups) 
- 1 Container Low-Fat Vanilla Yogurt (6 oz) 
- 1 Mozzarella Cheese Stick (1 oz) 
- 1 Bag Baby Carrots (1 lb/16 oz) 
- 1 Grilled Chicken Fillet  
- 1 Turkey and Cheese Wrap
- 1 Single-Serve Container Veggie Dip (1 oz) 
- 1 Single-Serve Container Ranch Dip (1 oz) 

This quart of milk provides 4 servings of milk for your child. Each serving is 1 cup or 8 fluid ounces.



This bag of baby carrots provides carrots for more than one meal for your child. See the menu for amounts to serve for each meal. It also provides an extra 1 3/8 cups of carrots. Your child can have these extra carrots at lunch over the 2 days, or as part of a snack or another meal.



**Program operator note:**  
Only 4 oz of yogurt is needed for the meals provided in this example. However, a 6-oz container may be more commonly available and helps meet calorie needs.

## Pantry Bag:

- 1 Can Sliced Peaches (16 oz)  after opening
- 1 Can Mixed Fruit (15 oz)  after opening
- 1 Bowl Toasted O's Cereal (1 oz/28 grams)
- 1 Blueberry Muffin (2 oz/55 grams)
- 1 Whole-Wheat Bun (2 oz)
- 4 Packages of Utensils

These cans provide fruit for more than one meal for your child. See the menu for amounts to serve for each meal. Remember to refrigerate canned fruit in a food storage container after opening the can.

**Program operator note:**  
The canned fruit provides a small amount of extra fruit (less than 1/8 cup).

 Store in the refrigerator at 40 °F or below

 Reheat to 165 °F

See menus on the back of this page.

# Sample Communication To Accompany Meals for a Child in Grades K-8 (2 Days of Breakfasts and Lunches) - Continued

## On the Menu | Menus for Children in Grades K Through 8

Breakfast		
Meal Component	Day 1	Day 2
 Milk <sup>1</sup>	1 Cup Milk	1 Cup Milk
 Fruits	1 Cup Canned Peaches	1 Cup Canned Mixed Fruit
 Grains	1 Bowl Toasted O's Cereal <sup>2</sup>	1 Blueberry Muffin <sup>2</sup>
 Meats/Meat Alternates	1 Container Vanilla Yogurt	1 Cheese Stick
Lunch		
Meal Component	Day 1	Day 2
 Milk <sup>1</sup>	1 Cup Milk	1 Cup Milk
 Fruits	½ Cup Canned Peaches	½ Cup Canned Mixed Fruit
 Vegetables	¾ Cup Baby Carrots with Veggie Dip	¾ Cup Baby Carrots with Ranch Dip
 Grains	1 Grilled Chicken on Bun <sup>2</sup>	1 Turkey and Cheese Wrap <sup>2</sup>
 Meats/Meat Alternates	 Reheat chicken to 165 °F before placing on a bun.	

<sup>1</sup>Fat-free and low-fat varieties available.

<sup>2</sup>Whole grain-rich



**Day 1: Breakfast**



**Day 2: Breakfast**



**Day 1: Lunch**



**Day 2: Lunch**

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# Sample Communication To Accompany Meals for a Teenager in Grades 9-12 (2 Days of Breakfasts and Lunches)

**Program operator note:**  
The meals over the 2 days, including any extra carrots and peanut butter, fall within the 2-day average calorie, sodium, and saturated fat dietary standards.

**Program operator note:**  
Only 4 oz of yogurt is needed for the meals. However, a 6-oz container may be more commonly available and helps meet calorie needs.

**Program operator note:**  
Peanut butter is offered as an extra item at lunch on Day 2. This single-serve container of peanut butter provides an additional 0.5 oz eq of meat alternate.

## What's Inside?

These bags include meals for a teenager in grades 9 to 12. They include foods for 2 breakfast and 2 lunch meals.

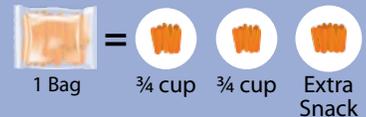
### Cold Bag:

- 1 Quart Low-Fat (1%) or Fat-Free Milk (32 fl oz/4 cups) 
- 1 Container Low-Fat Vanilla Yogurt (6 oz) 
- 1 Mozzarella Cheese Stick (1 oz) 
- 2 Packages Apple Slices (1.75 oz each) 
- 1 Bag Baby Carrots (1 lb/16 oz) 
- 1 Grilled Chicken Fillet 
- 1 Turkey and Cheese Wrap
- 1 Single-Serve Container Veggie Dip (1 oz) 
- 1 Single-Serve Container Ranch Dip (1 oz) 

This quart of milk provides 4 servings of milk for your teenager. Each serving is 1 cup or 8 fluid ounces.



This bag of baby carrots provides carrots for more than one meal for your teenager. See the menu for amounts for each meal. It also provides an extra 1¼ cup of carrots. Your teenager can have these extra carrots at lunch over the 2 days, or as part of a snack or another meal.



### Pantry Bag:

- 2 Cans Sliced Peaches (16 oz each)  after opening
- 1 Bowl Toasted O's Cereal (1 oz/28 grams)
- 1 Blueberry Muffin (2 oz/55 grams)
- 1 Whole-Wheat Bun (2 oz)
- 1 Packet Mayonnaise (0.5 oz)
- 1 Single-Serve Container Peanut Butter or Sunflower Seed Butter (0.75 oz)
- 4 Packages of Utensils

This can provides fruit for more than one meal for your teenager. See the menu for amounts for each meal. This amount of fruit also provides an extra ½ cup of canned fruit. Your teenager can have this extra fruit at breakfast or lunch 1 day, or as part of a snack or another meal. Remember to refrigerate canned fruit in a food storage container after opening the can.

 Store in the refrigerator at 40 °F or below

 Reheat to 165 °F

See menus on the back of this page.

# Sample Communication To Accompany Meals for a Teenager in Grades 9-12 (2 Days of Breakfasts and Lunches) - Continued

## On the Menu | Menus for Children in Grades 9 Through 12

Breakfast		
Meal Component	Day 1	Day 2
 Milk <sup>1</sup>	1 Cup Milk	1 Cup Milk
 Fruits	1 Cup Canned Peaches	1 Cup Canned Mixed Fruit
 Grains	1 Bowl Toasted O's Cereal <sup>2</sup>	1 Blueberry Muffin <sup>2</sup>
 Meats/Meat Alternates	1 Container Vanilla Yogurt	1 Cheese Stick
Lunch		
Meal Component	Day 1	Day 2
 Milk <sup>1</sup>	1 Cup Milk	1 Cup Milk
 Fruits	1 Cup Canned Peaches	2 Packages Apple Slices with Peanut Butter
 Vegetables	1 Cup Baby Carrots with Veggie Dip	1 Cup Baby Carrots with Ranch Dip
 Grains	1 Grilled Chicken on Bun <sup>2</sup> with Mayonnaise	1 Turkey and Cheese Wrap <sup>2</sup>
 Meats/Meat Alternates	 Reheat chicken to 165 °F before placing on a bun.	

<sup>1</sup>Fat-free and low-fat varieties available.

<sup>2</sup>Whole grain-rich



**Day 1: Breakfast**



**Day 2: Breakfast**



**Day 1: Lunch**



**Day 2: Lunch**

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