

5 Day Meal Box					
	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	1 grain item	1 grain item	1 grain item	1 grain item	1 grain item
	8 oz milk	8 oz milk	8 oz milk	8 oz milk	8 oz milk
	4.23 oz Juice	4.23 oz Juice	4.23 oz Juice	4.23 oz Juice	4.23oz Juice
Lunch	1 Power Pack	1 Power Pack	1 Power Pack	1 Power Pack	1 Power Pack
	8 oz milk	8 oz milk	8 oz milk	8 oz milk	8 oz milk

Available 1 Grain Breakfast items:

Cereal Bowl/Pouch

Sweet whole grain snack

Breakfast Bar

Toaster Pastry

Granola

7 Day Meal Box							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1 grain item	1 grain item	1 grain item	1 grain item	1 grain item	1 grain item	1 grain item
	8 oz milk	8 oz milk	8 oz milk	8 oz milk	8 oz milk	9 oz milk	10 oz milk
	4.23 oz Juice	4.23 oz Juice	4.23 oz Juice	4.23 oz Juice	4.23 oz Juice	4.23 oz Juice	4.23 oz Juice
Lunch	1 Power Pack	1 Power Pack	1 Power Pack	1 Power Pack	1 Power Pack	1 Power Pack	1 Power Pack
	8 oz milk	8 oz milk	8 oz milk	8 oz milk	8 oz milk	8 oz milk	8 oz milk

10 Day Meal Box										
Week 1						Week 2				
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Breakfast	1 grain item	1 grain item	1 grain item	1 grain item	1 grain item	1 grain item	1 grain item	1 grain item	1 grain item	1 grain item
	8 oz milk	8 oz milk	8 oz milk	8 oz milk	8 oz milk	8 oz milk	8 oz milk	8 oz milk	8 oz milk	8 oz milk
	4.23 oz Juice	4.23 oz Juice	4.23 oz Juice	4.23 oz Juice	Juice	4.23 oz Juice	4.23 oz Juice	4.23 oz Juice	4.23 oz Juice	Juice
Lunch	1 Power Pack	1 Power Pack	1 Power Pack	1 Power Pack	1 Power Pack	1 Power Pack	1 Power Pack	1 Power Pack	1 Power Pack	1 Power Pack
	8 oz milk	8 oz milk	8 oz milk	8 oz milk	8 oz milk	8 oz milk	8 oz milk	8 oz milk	8 oz milk	8 oz milk

Each Power Pack prepackaged shelf stable meal contains components that meet the following SFSP Lunch/Supper Meal Pattern

Requirements: 1 Meat/Meat Alternative, 3/4 Cup Fruit/Vegetables, 1 Grain/Bread



2025 SFSP Meal Kit Options

	Grain (oz)	Meat/MA (oz)	Fruit (cup)	Veggie (cup)	Size (g/oz)	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
C01 - SFSP Nacho Meal Kit	1	2	0	0.5	7.0	555	32	9.0	0	30	1190	49	6	28	16
Strawberry Amazing Raisins + Sunflower Seeds		1			1	300	17	2.0	0	0	15	29	4	23	8
Chili Lime Savory Cracker	1				1	90	3	0	0	0	200	15	1	2	1
Red Gold® Salsa Cup				0.5	3	25	0	0	0	0	195	5	1	3	1
Cheddar Cheese Cup		1			2	140	12	7	0	30	780	0	0	0	6
C02 - SFSP Buffalo Chicken Salad Meal Kit	1	2	0	0.5	12.4	620	34.5	5.5	0	0	240	64	7	39	17
Strawberry Amazing Raisins + Sunflower Seeds		1			1	300	17	2.0	0	0	15	29	4	23	8
WG Tortilla	1				6	90	2.5	1	0	0	100	14	1	0	2
Peanut Butter Squeezer		1			1.12	170	15	2.5	0	0	115	6	2	3	7
100% Veggie Juice				0.5	4.23	60	0	0	0	0	10	15	0	13	0
C03 - SFSP Sunbutter Meal Kit	1	2	0.25	0.5	8.8	544	21.5	3.0	0	0	262	75	11	49	14
Sunbutter Cup		1			1.1	200	17	3	0	0	120	7	2	4	7
Zee Zees Roasted Chickpeas, Ranch		1			1	100	3	0.0	0	0	75	12	4	1	5
Ocean Spray® Flavored Craisins®			0.25		1.16	110	0	0	0	0	0	28	3	24	0
Kellogg's® Grahams Original	1				1	60	1.5	0	0	0	65	11	1	3	1
Zee Zees Fruit Cup				0.5	4.5	74	0	0	0	0	2	17	1	17	1
C04 - SFSP Cheese Pizza Meal Kit	1	2	0	1	9.7	450	25	7.5	0	25	689	40	12	18	15
Mozzarella Cheese Plank		1			1	100	8	6	0	25	360	1	0	0	6
Sunflower Kernels		1			1	170	14	1.5	0	0	110	6	3	1	6
WG Pizza Crackers	1				1	80	2	0	0	0	200	15	2	2	2
Veggie 100% Juice				0.5	4.23	60	0	0	0	0	10	15	0	13	0
Red Gold® Marinara Sauce Cup				0.5	2.5	40	1	0	0	0	9	3	7	2	1
C05 - SFSP Taco Snack Meal Kit	1	2	0.50	0.5	13.3	430	9	0	0	15	470	75	11	30	12
Zee Zees Taco Hummus Cup		1			3	120	3	0	0	0	180	18	5	3	6
Zee Zees, Roasted Chickpeas, Ranch		1			1	100	3	0.0	0	0	75	12	4	1	5
Chili Lime Savory Cracker	1				1	90	3	0	0	0	200	15	1	2	1
Apple Sauce Pouch			0.5		4.1	60	0	0	0	15	5	15	1	11	0
Veggie 100% Juice				0.5	4.23	60	0	0	0	0	10	15	0	13	0

Based on availability, items may be replaced with items of similar composition/nutritional value

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2025 SFSP Meal Kit Options

	Grain (oz)	Meat/MA (oz)	Fruit (cup)	Veggie (cup)	Size (g/oz)	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
C06 - Bean Dip Meal Kit	1	2	0.5	0.5	13.3	390	7.5	0.0	0	15	480	69	10	27	9
Zee Zees Taco Bean Dip Cup		1			3	80	1.5	0	0	0	190	12	4	0	3
Zee Zees, Roasted Chickpeas, Ranch		1			1	100	3	0.0	0	0	75	12	4	1	5
Chili Lime Savory Cracker	1				1	90	3	0	0	0	200	15	1	2	1
Apple Sauce Pouch			0.5		4.1	60	0	0	0	15	5	15	1	11	0
Veggie 100% Juice				0.5	4.23	60	0	0	0	0	10	15	0	13	0
C07 - SFSP PB&J Meal Kit	1	2	0	0.5	12.4	620	34.5	5.5	0	0	240	64	7	39	17
Peanut Butter Squeezer		1			1.12	170	15	2.5	0	0	115	6	2	3	7
Strawberry Amazing Raisins + Sunflower Seeds		1			1	300	17	2.0	0	0	15	29	4	23	8
WG Tortilla	1				6	90	2.5	1	0	0	100	14	1	0	2
Veggie 100% Juice				0.5	4.23	60	0	0	0	0	10	15	0	13	0
C08 - SFSP Pepperoni Pizza Meal Kit	1	2	0	1	9.9	390	20	10	0	40	1059	34	9	17	16
Pepperoni Beef Stick		1			1.13	110	9	4	0	15	480	0	0	0	7
WG Pizza Crackers	1				1	80	2	0	0	0	200	15	2	2	2
Mozzarella Cheese Plank		1			1	100	8	6	0	25	360	1	0	0	6
Red Gold® Marinara souce Salsa Cup				0.5	2.5	40	1	0	0	0	9	3	7	2	1
Veggie 100% Juice				0.5	4.23	60	0	0	0	0	10	15	0	13	0
C09 - BBQ Chicken Bites Meal Kit	1	2	0.5	0.5	11.3	450	16.5	1.5	0	45	505	59	5	31	17
Jack Links® Sweet BBQ Bites		1			1	70	1	0	0	30	180	7	0	6	9
Sunflower Kernels		1			1	170	14	1.5	0	0	110	6	3	1	6
Goldfish® Pretzels	1				1	90	1.5	0	0	0	200	16	1	0	2
Apple Sauce Pouch			0.5		4.1	60	0	0	0	15	5	15	1	11	0
Veggie 100% Juice				0.5	4.23	60	0	0	0	0	10	15	0	13	0
C10 - Turkey n' Swiss Meal Kit	1	2	0	0.5	7.5	524	24.5	5.5	0	25	412	59	6	44	16
Turkey 'n Swiss Combo		1			1	90	6	3.5	0	25	330	2	0	1	6
Strawberry Amazing Raisins + Sunflower Seeds		1			1	300	17	2.0	0	0	15	29	4	23	8
Kellogg's® Grahams Original	1				1	60	1.5	0	0	0	65	11	1	3	1
Zee Zees Fruit Cup				0.5	4.5	74	0	0	0	0	2	17	1	17	1
MILK					8	100	2.5	1.5	0	10	105	12	0	12	8
1% Lowfat Milk					8	100	2.5	1.5	0	10	105	12	0	12	8

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