



Summer Food Service Program Information

Our Recipe for Success

FSP's registered dietitians and professional chefs plan our menus and develop recipes based on the *Dietary Guidelines for Americans*. Each meal is made in our USDA-inspected kitchen and delivered to participating sites every day. Here's what you can expect:

- Fruits and/or vegetables with each meal;
- Locally grown and organic produce, when possible;
- Whole grains;
- Lean meats;
- 100% fruit juice;
- Low-fat milk with no growth hormones or antibiotics;
- Minimal sugar;
- Minimal saturated fat;
- Zero grams of trans fat per serving in our made-from-scratch specialty recipes;
- Vegetarian menus, if requested.



Fueling children's dreams and aspirations