



# Adult Meal Pattern

	FOOD COMPONENTS	FOOD ITEMS	REQUIRED MINIMUM QUANTITIES
<b>BREAKFAST</b>	<b>Milk<sup>1</sup></b>	Fat-free or Low-fat (1%) Milk	1 cup
<i>All 3 components must be served</i>	<b>Vegetables/Fruits<sup>2</sup></b>	Vegetable, Fruit or both or 100% Juice	1/2 cup
	<b>Grains/Bread<sup>3,4</sup></b>	Bread <i>or</i>	2 slices
		Biscuit, Roll or Muffin <i>or</i>	2 servings
		Cooked Cereal <i>or</i> Dry Cereal Flakes or Rounds Puffed Cereal Granola	1 cup 2 cups 2 1/2 cups 1/2 cup
<b>SNACK</b>	<b>Milk</b>	Fat-free or Low-fat (1%) Milk	1 cup
<i>Select 2 different components of the 5 listed</i>	<b>Vegetables</b>	Vegetable or 100% Juice	1/2 cup
	<b>Fruits</b>	Fruit or 100% Juice	1/2 cup
	<b>Grains/Bread</b>	See list above and below	1 slice or 1 serving
	<b>Meat/Meat Alternate</b> (see list below)	Lean Meat, Poultry or Fish <i>or</i>	1 oz.
		Cottage Cheese <i>or</i> Yogurt	2 oz. 4 oz.
<b>LUNCH OR SUPPER</b>	<b>Milk</b>	Fat-free or Low-fat (1%) Milk	1 cup
<i>All 5 components must be served</i>	<b>Vegetables</b>	Vegetable or 100% Juice	1/2 cup
	<b>Fruits<sup>5</sup></b>	Fruit or 100% Juice	1/2 cup
	<b>Grains/Bread</b>	Bread <i>or</i>	2 slices
		Cornbread, Biscuit or Roll <i>or</i>	2 servings
		Cooked Pasta or Grains <i>or</i>	1 cup
		6-inch Tortilla	2 tortillas
	<b>Meat/Meat Alternate</b>	Lean Meat, Poultry or Fish <i>or</i>	2 oz.
		Tofu <i>or</i>	4 oz.
		Cooked Dry Beans, Peas or Lentils <i>or</i>	1/2 cup
		Peanut Butter, Soy Nut Butter, other Nut or Seed Butter <i>or</i>	4 Tbsp.
		Peanuts, Nuts or Seeds <i>or</i>	1 oz. = 50%
		Egg <i>or</i>	1 large
		Cottage Cheese <i>or</i>	4 oz.
Cheese <i>or</i>		2 oz.	
Yogurt	8 oz.		

<sup>1</sup> Milk must be served at least one time per day at meal or snack. Yogurt can be served at one meal or snack in place of milk. At supper, neither milk nor yogurt is required. Yogurt cannot contain more than 23 grams of sugar per 6 ounces.

<sup>2</sup> No more than one serving of 100% juice may be served per day.

<sup>3</sup> At breakfast, meat/meat alternate may be served in place of the entire grain component up to three times per week. When serving meat/meat alternate, use the quantities listed for snack.

<sup>4</sup> At least one serving of whole-grain rich Grains/Bread must be served and recorded on the menu every day.

<sup>5</sup> At lunch or supper, one vegetable and one fruit or two different vegetables may be served.

Adult refers to an adult day care center participant who is 60 years of age and older or a chronically impaired disabled person 18 years of age and older. Refer to the *Crediting Foods in CACFP* for information about specific food items.