



Adult Meal Pattern

	FOOD COMPONENTS	FOOD ITEMS	REQUIRED MINIMUM QUANTITIES
BREAKFAST	Milk¹	Fat-free or Low-fat (1%) Milk	1 cup
<i>All 3 components must be served</i>	Vegetables/Fruits²	Vegetable, Fruit or both or 100% Juice	1/2 cup
	Grains/Bread^{3,4,5}	Bread, Bread Products, Pasta, Cereal, etc.	2 oz. eq.
SNACK	Milk	Fat-free or Low-fat (1%) Milk	1 cup
<i>Select 2 different components of the 5 listed</i>	Vegetables	Vegetable or 100% Juice	1/2 cup
	Fruits	Fruit or 100% Juice	1/2 cup
	Grains/Bread	Bread, Bread Products, Pasta, Cereal, etc.	1 oz. eq.
	Meat/Meat Alternate (see list below)	Lean Meat, Poultry or Fish <i>or</i>	1 oz.
		Cottage Cheese <i>or</i>	2 oz.
Yogurt		4 oz.	
LUNCH OR SUPPER	Milk	Fat-free or Low-fat (1%) Milk	1 cup
<i>All 5 components must be served</i>	Vegetables	Vegetable or 100% Juice	1/2 cup
	Fruits⁶	Fruit or 100% Juice	1/2 cup
	Grains/Bread	Bread, Bread Products, Pasta, Cereal, etc.	2 oz. eq.
	Meat/Meat Alternate	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.		

¹ 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.

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

³ 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.

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

⁵ Ounce Equivalents (oz. eq.) are used to determine the quantity of creditable grains. For more information, refer to *Crediting Foods in CACFP*.

⁶ At lunch or supper, one vegetable and one fruit or two different vegetables may be served.