



# 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>3,4,5</sup></b>	Bread, Bread Products, Pasta, Cereal, etc.	2 oz. eq.
<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>	Bread, Bread Products, Pasta, Cereal, etc.	1 oz. eq.
	<b>Meat/Meat Alternate</b> (see list below)	Lean Meat, Poultry or Fish <i>or</i> Cottage Cheese <i>or</i> Yogurt	1 oz. 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>6</sup></b>	Fruit or 100% Juice	1/2 cup
	<b>Grains/Bread</b>	Bread, Bread Products, Pasta, Cereal, etc.	2 oz. eq.
	<b>Meat/Meat Alternate</b>	Lean Meat, Poultry or Fish <i>or</i> Tofu <i>or</i> Cooked Dry Beans, Peas or Lentils <i>or</i> Peanut Butter, Soy Nut Butter, other Nut or Seed Butter <i>or</i> Peanuts, Nuts or Seeds <i>or</i> Egg <i>or</i> Cottage Cheese <i>or</i> Cheese <i>or</i> Yogurt	2 oz. 1/2 cup 1/2 cup 4 Tbsp. 1 oz. = 50% 1 large 4 oz. 2 oz. 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 lunch, yogurt or milk must be served. 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> Ounce Equivalents (oz. eq.) are used to determine the quantity of creditable grains. For more information, refer to *Crediting Foods in CACFP*.

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