



Adult Meal Pattern

Breakfast

Serve all three components for a reimbursable meal. Offer versus serve is an option for adults.

Minimum Portion Size

Milk Unflavored 1% (low-fat) or skim (fat-free) or flavored 1% (low-fat) or skim (fat-free)¹ 8 fluid oz

Vegetables, fruits or portions of both² 1/2 cup

Grains^{3,4}

- Whole grain-rich or enriched bread 2 oz eq
- Whole grain-rich or enriched bread product, such as a biscuit, roll or muffin 2 oz eq
- Whole grain-rich, enriched or fortified cooked breakfast cereal⁵, cereal grain, rice and/or pasta 1 cup
- Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)⁵:
 - Flakes or rounds 2 cups
 - Puffed cereal 2 1/2 cups
 - Granola 1/2 cup

Lunch and Supper

Serve all five components for a reimbursable meal. Offer versus serve is an option for adults.

Minimum Portion Size

Milk Unflavored 1% (low-fat) or skim (fat-free) or flavored 1% (low-fat) or skim (fat-free)^{1,6} 8 fluid oz¹

Meat/meat alternate

- Lean meat, poultry or fish 2 oz
- Tofu, soy product or alternate protein product 1/2 cup
- Cheese 2 oz
- Cottage cheese 4 oz or 1/2 cup
- Large egg 1
- Cooked dry beans or peas 1/2 cup
- Peanut butter or soy nut butter or other nut or seed butters 4 tbsp
- Yogurt, regular or soy, plain or flavored, sweetened or unsweetened⁷ 8 oz or 1 cup
- Peanuts, soy nuts, tree nuts or seeds⁸ 1 oz = 50%

Vegetables or 100% vegetable juice² 1/2 cup

Fruits or 100% fruit juice^{2,9} 1/2 cup

Grains⁴

- Whole grain-rich or enriched bread 2 oz eq
- Whole grain-rich or enriched bread product, such as a biscuit, roll or muffin 2 oz eq
- Whole grain-rich, enriched or fortified cooked breakfast cereal⁵, cereal grain, rice and/or pasta 1 cup

Snack

Serve two of the five components for a reimbursable snack.¹⁰ Offer versus serve not available at snack.

	Minimum Portion Size
Milk Unflavored 1% (low-fat) or skim (fat-free) or flavored 1% (low-fat) or skim (fat-free) ¹	8 fluid oz
Meat/meat alternate	
• Lean meat, poultry or fish	1 oz
• Tofu, soy product or alternate protein product	1/4 cup
• Cheese	1 oz
• Cottage cheese	2 oz or 1/4 cup
• Large egg	1/2
• Cooked dry beans or peas	1/4 cup
• Peanut butter or soy nut butter or other nut or seed butters	2 tbsp
• Yogurt, regular or soy, plain or flavored, sweetened or unsweetened ⁷	4 oz or 1/2 cup
• Peanuts, soy nuts, tree nuts or seeds	1 oz
Vegetables or 100% vegetable juice²	1/2 cup
Fruits or 100% fruit juice²	1/2 cup
Grains⁴	
• Whole grain-rich or enriched bread	1 oz eq
• Whole grain-rich or enriched bread product, such as a biscuit, roll or muffin	1 oz eq
• Whole grain-rich, enriched or fortified cooked breakfast cereal ⁵ , cereal grain and/or pasta	1/2 cup
• Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ⁵ :	
• <i>Flakes or rounds</i>	1 cup
• <i>Puffed cereal</i>	1 1/4 cups
• <i>Granola</i>	1/4 cup

Notes

¹Six ounces (weight) or 3/4 cup (volume) of yogurt may be served instead of 8 ounces of milk once per day when yogurt is not served as a meat alternate in the same meal.

²Juice may only be served at one meal or snack per day.

³Meat and meat alternates may be used to meet the entire grains component at breakfast a maximum of three times per week. One ounce of meat/meat alternate is equal to one ounce equivalent of grains.

⁴At least one serving per day must be whole grain-rich. Use the Grain Crediting Chart for CACFP for portion sizes of more grain choices.

⁵Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

⁶A serving of milk is optional for suppers served to adult participants.

⁷Yogurt must contain no more than 23 grams of sugar per 6 ounces.

⁸One ounce of nuts/seeds provides one ounce meat/meat alternate. Nuts and seeds may meet only one half of the total meat/meat alternate serving and must be combined with another meat/meat alternate at lunch or supper.

⁹A second different vegetable may be served to meet the entire fruit component.

¹⁰Only one of the two food components for snack may be a beverage. Offer versus serve is not available at snack.

Effective 10/1/2019