



# 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)<sup>1</sup> 8 fluid oz

**Vegetables, fruits or portions of both<sup>2</sup>** 1/2 cup

### Grains<sup>3,4</sup>

- 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 cereal<sup>5</sup>, cereal grain, rice and/or pasta 1 cup
- Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)<sup>5</sup>:
  - 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)<sup>1,6</sup> 8 fluid oz<sup>1</sup>

### 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 unsweetened<sup>7</sup> 8 oz or 1 cup
- Peanuts, soy nuts, tree nuts or seeds<sup>8</sup> 1 oz = 50%

**Vegetables or 100% vegetable juice<sup>2</sup>** 1/2 cup

**Fruits or 100% fruit juice<sup>2,9</sup>** 1/2 cup

### Grains<sup>4</sup>

- 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 cereal<sup>5</sup>, cereal grain, rice and/or pasta 1 cup

# Snack

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

	Minimum Portion Size
<b>Milk</b> Unflavored 1% (low-fat) or skim (fat-free) or flavored 1% (low-fat) or skim (fat-free) <sup>1</sup>	8 fluid oz
<b>Meat/meat alternate</b>	
• 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 <sup>7</sup>	4 oz or 1/2 cup
• Peanuts, soy nuts, tree nuts or seeds	1 oz
<b>Vegetables or 100% vegetable juice<sup>2</sup></b>	1/2 cup
<b>Fruits or 100% fruit juice<sup>2</sup></b>	1/2 cup
<b>Grains<sup>4</sup></b>	
• 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 <sup>5</sup> , cereal grain and/or pasta	1/2 cup
• Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>5</sup> :	
• <i>Flakes or rounds</i>	1 cup
• <i>Puffed cereal</i>	1 1/4 cups
• <i>Granola</i>	1/4 cup

## Notes

<sup>1</sup>Six 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.

<sup>2</sup>Juice may only be served at one meal or snack per day.

<sup>3</sup>Meat 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.

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

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

<sup>6</sup>A serving of milk is optional for suppers served to adult participants.

<sup>7</sup>Yogurt must contain no more than 23 grams of sugar per 6 ounces.

<sup>8</sup>One 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.

<sup>9</sup>A second different vegetable may be served to meet the entire fruit component.

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

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