



**Child and Adult Care Food Program
Adult Meal Pattern**

Breakfast

Food Components and Food Items¹	Minimum Quantities
Fluid Milk²	8 fluid ounces
Vegetables, fruits, or portions of both³	½ cup
Grains (ounce equivalents)^{4,5,6}	
• Whole grain-rich or enriched bread	2 slices
• Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	2 servings
• Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	1 cup
• Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{7,8}	
o Flakes or rounds	2 cups
o Puffed cereal	2 ½ cups
o Granola	½ cup

¹Must serve all three components for a reimbursable meal. Offer versus serve is an option for adult participants. For adults, offer versus serve at breakfast means three of the four offered servings.

²Must be unflavored low-fat (one percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older and adults. For adult participants, 6 ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

³Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁴At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁵Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

⁶Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁷Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).

⁸Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; ⅓ cup for children ages 3-5; ¾ cup for children 6-12; and 1 ½ cups for adults.

Lunch and Supper

Food Components and Food Items ¹	Minimum Quantities
Fluid Milk^{2,3}	8 fluid ounces
Meat/meat alternates <ul style="list-style-type: none"> • Lean meat, poultry, or fish • Tofu, soy product, or alternate protein products⁴ • Cheese • Large egg • Cooked dry beans or peas • Peanut butter or soy nut butter or other nut or seed butters • Yogurt, plain or flavored, unsweetened or sweetened⁵ • The following may be used to meet no more than 50 percent of the requirement:¹¹ Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (one ounce of nuts/seeds = one ounce of cooked lean meat, poultry or fish) 	<p style="text-align: right;">2 ounces</p> <p style="text-align: right;">2 ounces</p> <p style="text-align: right;">2 ounces</p> <p style="text-align: right;">1</p> <p style="text-align: right;">½ cup</p> <p style="text-align: right;">4 tablespoons</p> <p style="text-align: right;">8 ounces or 1 cup</p> <p style="text-align: right;">1 ounce = 50%</p>
Vegetables⁶	½ cup
Fruits^{6,7}	½ cup
Grains (ounce equivalents)^{8,9} <ul style="list-style-type: none"> • Whole grain-rich or enriched bread • Whole grain-rich or enriched bread product, such as biscuit, roll or muffin • Whole grain-rich, enriched or fortified cooked breakfast cereal¹⁰, cereal grain, and/or pasta 	<p style="text-align: right;">2 slices</p> <p style="text-align: right;">2 servings</p> <p style="text-align: right;">1 cup</p>

¹Must serve all five components for a reimbursable meal. Offer versus serve is an option for adult participants. For adults, offer versus serve at lunch means four of the six offered servings. For adults, offer versus serve at supper means three of the five offered servings.

²Must be unflavored low-fat (one percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older and adults. For adult participants, 6 ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

³A serving of fluid milk is optional for suppers served to adult participants.

⁴Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁸At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

⁹Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

¹⁰Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

¹¹One 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 to fulfill the lunch or supper requirement.

Snack (Select two of the five components for a reimbursable meal)

Food Components and Food Items¹	Minimum Quantities
Fluid Milk²	8 fluid ounces
Meat/meat alternates	
• Lean meat, poultry, or fish	1 ounce
• Tofu, soy product, or alternate protein products ³	1 ounce
• Cheese	1 ounce
• Large egg	½
• Cooked dry beans or peas	¼ cup
• Peanut butter or soy nut butter or other nut or seed butters	2 tablespoons
• Yogurt, plain or flavored, unsweetened or sweetened ⁴	4 ounces or ½ cup
• Peanuts, soy nuts, tree nuts, or seeds	1 ounce
Vegetables⁵	½ cup
Fruits⁵	½ cup
Grains (ounce equivalents)^{6,7}	
• Whole grain-rich or enriched bread	1 slice
• Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	1 serving
• Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	½ cup
• Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}	
o Flakes or rounds	1 cup
o Puffed cereal	1 ¼ cups
o Granola	¼ cup

¹Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage. Offer versus serve is not available at snack.

²Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older and adults. For adult participants, 6 ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

³Alternate protein products must meet the requirements in Appendix A to Part 226.

⁴Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁶At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁷Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁸Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

⁹Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; ½ cup for children ages 3-5; ¾ cup for children 6-12; and 1½ cups for adults.

This institution is an equal opportunity provider.