

Adult Meal Pattern Child and Adult Care Food Program	
Breakfast	
Milk, fluid Juice, fruit or vegetable Grains/Breads: Bread; whole grain, bran, germ or enriched Cereal; cold, dry or hot, cooked	1 cup** ½ cup 2 slices 1 ½ cups or 2 ounces 1 cup
Supplement (Snack) (Select 2 components)	
Milk, fluid Juice, fruit or vegetable Grains/Breads: Bread; whole-grain, bran, germ or enriched Cereal; cold dry or hot cooked Meat or Meat alternate	1 cup** ½ cup 1 slice ¾ cup or 1 ounce 2 cup 1 ounce
Lunch	
Milk, fluid Vegetable and/or fruit (2 or more servings) Grains/Breads: whole grain, bran, germ or enriched Meat or Meat alternate Meat, poultry or fish, Cooked (lean meat without bone) Cheese Egg Cooked dry beans/peas Peanut butter or other nut or seed butters Nuts and/or seeds Yogurt, plain or flavored, unsweetened or sweetened	1 cup** 1 cup total 2 slices 2 ounces 2 ounces 1 2 cup 4 tablespoons 1 ounce = 50% 8 oz. Or 1 cup
Supper	
Milk, fluid Vegetable and/or fruit (2 or more servings) Grains/Breads: whole grain, bran, germ or enriched Meat or Meat alternate Meat, poultry or fish, Cooked (lean meat without bone) Cheese Egg Cooked dry beans/peas Peanut butter or other nut or seed butters Nuts and/or seeds Yogurt, plain or flavored, unsweetened or sweetened	None 1 cup total 2 slices 2 ounces 2 ounces 1 2 cup 4 tablespoons 1 ounce = 50% 8 oz. Or 1 cup

Offer vs. Serve -

Breakfast: Participants may decline one serving of the four food items (one serving milk, one serving vegetable/fruit, and two servings grains/breads).

Lunch: Participants may decline two servings of the six food items (one serving milk, two servings vegetables and/or fruits, two servings grains/breads, one serving meat/meat alternate).

Supper: Participants may decline two servings from five food items (two servings vegetables and/or fruits, two servings grains/breads, one serving meat/meat alternate).

** For adult participants, 8 ounces of yogurt, 1 1/2 ounces of natural cheese or 2 ounces of processed cheese may be substituted to meet the milk requirement. However, one serving a day must be fluid milk. It is recommended that no more than two servings of milk be provided in a day. When cheese is used to fulfill the dairy requirement, it may not be used as a meat/meat alternate at the same meal service.