

**CHILD AND ADULT CARE FOOD PROGRAM  
ADULT MEAL PATTERN**

**BREAKFAST**

FOOD COMPONENTS	ADULT
<b>MILK</b>	
Milk, fluid	1 cup <sup>1</sup>
<b>VEGETABLES AND FRUITS</b>	
Vegetable(s) and/or fruit(s)	½ cup
or Full-strength vegetable or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.	½ cup
<b>BREAD AND BREAD ALTERNATES<sup>2</sup></b>	
Bread	2 slices (servings)
or Cornbread, biscuits, rolls, muffins, etc. <sup>3</sup>	2 servings
or Cold dry cereal <sup>4</sup>	1½ cups or 2 oz.
or Cooked cereal	1 cup
or Cooked pasta or noodle products	1 cup
or Cooked cereal grains or an equivalent of any combination of bread/bread alternate	1 cup

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<sup>1</sup>For the purpose of these requirements, a cup means a standard measuring cup.

<sup>2</sup>Bread, pasta, or noodle products, and cereal grains shall be wholegrain or enriched; cornbread, biscuits, rolls, muffins, etc., shall be made with wholegrain or enriched meal or flour; cereal shall be wholegrain or enriched or fortified. Serving sizes are indicated as a total two servings; half of the serving indicated equals one serving of bread/bread alternate.

<sup>3</sup>Serving sizes and equivalents are published in FNS Instruction.

<sup>4</sup>Either volume (cup) or weight (oz.), whichever is less.

**CHILD AND ADULT CARE FOOD PROGRAM  
ADULT MEAL PATTERN  
LUNCH**

FOOD COMPONENTS	ADULT
<b>MILK</b>	
Milk, fluid	1 cup <sup>5</sup>
<b>VEGETABLES AND FRUITS<sup>6</sup></b>	
Vegetable(s) and/or fruit(s)	1 cup total
<b>BREAD AND BREAD ALTERNATES<sup>7</sup></b>	
Bread	2 slices (servings)
or    Cornbread, biscuits, rolls, muffins, etc. <sup>8</sup>	2 servings
or    Cooked pasta or noodle products	1 cup
or    Cooked cereal grains or an equivalent quantity of any combination of bread/bread alternate.	1 cup
<b>MEAT AND MEAT ALTERNATES</b>	
Lean meat or poultry or fish <sup>9</sup>	2 oz.
or    Alternate protein products <sup>10</sup>	
or    Cheese	2 oz.
or    Egg (large)	1
or    Cooked dry beans or peas	½ cup
or    Peanut butter or soy nut butter or other nut or seed butters	4 tbsp
or    Peanuts or soy nuts or tree nuts or seeds <sup>11</sup>	1 oz. <sup>12</sup> = 50%
or    An equivalent quantity or any combination of the above meat/meat alternates	
or    Yogurt, plain or flavored, unsweetened or sweetened	8 oz.

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<sup>5</sup>For the purpose of these requirements, a cup means a standard measuring cup.

<sup>6</sup>Serve 2 or more kinds of vegetables(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

<sup>7</sup>Bread, pasta, or noodle products, and cereal grains shall be wholegrain or enriched; cornbread, biscuits, rolls, muffins, etc., shall be made with wholegrain or enriched meal or flour; cereal shall be wholegrain or enriched or fortified. Serving sizes are indicated as a total two servings; half of the serving indicated equals one serving of bread/bread alternate.

<sup>8</sup>Serving sizes and equivalents are published in FNS Instruction.

<sup>9</sup>Edible portion as served.

<sup>10</sup>Must meet the requirements in appendix A of 226.20.

<sup>11</sup>Tree nuts and seeds that may be used as meat alternates are listed in program guidance.

<sup>12</sup>No more than 50% of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce lean meat, poultry, or fish.

**CHILD AND ADULT CARE FOOD PROGRAM  
ADULT MEAL PATTERN  
SUPPER**

FOOD COMPONENTS	ADULT
<b>MILK</b>	
Milk, fluid	None
<b>VEGETABLES AND FRUITS<sup>13</sup></b>	
Vegetable(s) and/or fruit(s)	1 cup total
<b>BREAD AND BREAD ALTERNATES<sup>14</sup></b>	
Bread	2 slices (servings)
or    Cornbread, biscuits, rolls, muffins, etc. <sup>15</sup>	2 servings
or    Cooked pasta or noodle products	1 cup
or    Cooked cereal grains or an equivalent quantity of any combination of bread/bread alternate.	1 cup
<b>MEAT AND MEAT ALTERNATES</b>	
Lean meat or poultry or fish <sup>16</sup>	2 oz.
or    Alternate protein products <sup>17</sup>	
or    Cheese	2 oz.
or    Egg (large)	1
or    Cooked dry beans or peas	½ cup
or    Peanut butter or soy nut butter or other nut or seed butters	4 tbsp
or    Peanuts or soynuts or tree nuts or seeds <sup>18</sup>	1 oz. <sup>19</sup> = 50%
or    An equivalent quantity or any combination of the above meat/meat alternates	
or    Yogurt, plain or flavored, sweetened or unsweetened	8 oz.

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<sup>13</sup>Serve 2 or more kinds of vegetables(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

<sup>14</sup>Bread, pasta, or noodle products, and cereal grains shall be wholegrain or enriched; cornbread, biscuits, rolls, muffins, etc., shall be made with wholegrain or enriched meal or flour; cereal shall be wholegrain or enriched or fortified. Serving sizes are indicated as a total two servings; half of the serving indicated equals one serving of bread/bread alternate.

<sup>15</sup>Serving sizes and equivalents are published in FNS Instruction.

<sup>16</sup>Edible portion as served.

<sup>17</sup>Must meet the requirements in appendix A of 226.20.

<sup>18</sup>Tree nuts and seeds that may be used as meat alternates are listed in program guidance.

<sup>19</sup>No more than 50% of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce lean meat, poultry, or fish.

**CHILD AND ADULT CARE FOOD PROGRAM  
ADULT MEAL PATTERN**

**SUPPLEMENTAL FOOD**

Select **two** of the following four components

FOOD COMPONENTS	ADULT
<b>MILK</b>	
Milk, fluid	1 cup <sup>20</sup>
<b>VEGETABLES AND FRUITS</b>	
Vegetable(s) and/or fruit(s)	½ cup
or Full-strength vegetable or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.	½ cup
<b>BREAD AND BREAD ALTERNATES<sup>21</sup></b>	
Bread	1 slice
or Cornbread, biscuits, rolls, muffins, etc. <sup>22</sup>	1 serving
or Cold dry cereal <sup>23</sup>	¾ cup (1 oz.)
or Cooked cereal	½ cup
or Cooked pasta or noodle products	½ cup
or Cooked cereal grains or an equivalent of any combination of bread/bread alternate	½ cup
<b>MEAT AND MEAT ALTERNATES</b>	
Lean meat or poultry or fish <sup>24</sup>	1 oz.
or Alternate protein products <sup>25</sup>	1 oz.
or Cheese	1 oz.
or Egg (large)	½ large egg
or Cooked dry beans or peas	¼ cup
or Peanut butter or soynut butter or other nut or seed butters	2 tbsp.
or Peanuts or soynuts or tree nuts or seeds <sup>26</sup>	1 oz.
or Yogurt, plain, or sweetened and flavored	4 oz. (½ cup)

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<sup>20</sup>For purposes of these requirements, a cup means a standard measuring cup.

<sup>21</sup>Bread, pasta, or noodle products, and cereal grains shall be wholegrain or enriched; cornbread, biscuits, rolls, muffins, etc., shall be made with wholegrain or enriched meal or flour; cereal shall be wholegrain or enriched or fortified. Serving sizes are indicated as a total two servings; half of the serving indicated equals one serving of bread/bread alternate.

<sup>22</sup>Serving sizes and equivalents are published in FNS Instruction.

<sup>23</sup>Either volume (cup) or weight (oz.), whichever is less.

<sup>24</sup>Edible portion as served.

<sup>25</sup>Must meet the requirements in appendix A of 226.20.

<sup>26</sup>Tree nuts and seeds that may be used as meat alternates are listed in program guidance.