Child and Adult Care Food Program (CACFP)
Adult Meal Pattern

Meal	Meal Pattern Components	Food Items	Required Minimum Quantities
BREAKFAST	Milk, Fluid	Skim, Low Fat, Whole, Buttermilk	1 cup
	Vegetable/Fruit/Juice	Full Strength Juice, Vegetable and/or Fruit	½ cup
	Grains/Breads***	Bread or	2 slices
		Cornbread, biscuit, roll, muffin, or	2 servings
		Dry Cereal	1 ½ cups
		Cooked Cereal	1 cup
SNACK	Milk, Fluid	Skim, Low Fat, Whole, Buttermilk	1 cup
Select 2 of 4 Components	Vegetable/Fruit/Juice	Full Strength Juice, Vegetable and/or Fruit	½ cup
	Grains/breads***	See List above or below	1 slice or serving
	Meat/Meat Alternate (see list below)	Lean Meat, Fish, or Poultry	1 ounce
		Cottage Cheese	¼ cup
		Yogurt, plain or flavored, unsweetened or sweetened	½ cup
LUNCH OR SUPPER	Milk, Fluid*	Skim, Low Fat, Whole, Buttermilk	1 cup
	Vegetables/Fruits	Two Vegetables and/or Fruits	1 cup total
	Grains/Breads***	Bread or	2 slices
		Cornbread, biscuit, roll, muffin, or	2 servings
		Cooked Pasta or Noodles or Grains, or	1 cup
		Graham Crackers	6 squares
	Meat/Meat Alternate (a serving is the amount of meat/meat alternate without bones, breading, etc.	Lean Meat, Fish, or Poultry, or	2 ounces
		Cottage Cheese, or	½ cup
		Cheese, or	2 ounces
		Egg, or	1 large
		Cooked Dry Beans, Peas, or Lentils, or	½ cup
		Peanut Butter, or	4 Tablespoons
		**Peanuts, Nuts, or Seeds, or	1 ounce = 50%
		Yogurt, plain or flavored, unsweetened or sweetened	1 cup

* Fluid Milk is NOT required for supper

** Nuts may be no more than 50% of the requirement and must be combined in the meal with at least 50% of another meat/meat alternate, i.e., 1 ounce of nuts and 1 ounce of cooked lean meat, fish, or poultry.

*** Grains/Breads must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain, enriched, or fortified.

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