



Adult Meal Patterns

Child & Adult Care Food Program

Breakfast (Select all three components for a reimbursable meal)	
Food Components and Food Items	Minimum
Fluid Milk	8 ounces
Vegetables, fruits or portions of both	½ cup
Grains	
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, cereal grain, and/or pasta	1 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)	
Flakes or rounds	2 cups
Puffed cereal	2 ½ cups
Granola	½ cup

Lunch and Supper (Select all five components for a reimbursable meal)	
Food Components and Food Items	Minimum
Fluid Milk	8 ounces
Meat/meat alternates	
Lean meat, poultry or fish	2 ounces
Tofu, soy product, or alternate protein product	2 ounces
Cheese	2 ounces
Large egg	1
Cooked dry beans or peas	½ cup
Peanut butter or soy nut butter or another nut or seed butter	4 TBSP
Yogurt, plain or flavored, sweetened or unsweetened	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: 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 (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry or fish)	1 ounce = 50%
Vegetables	½ cup
Fruits	½ cup
Grains	
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, cereal grain and/or pasta	1 cup



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Snack (Select two of the five components for a reimbursable meal)	
Food Components and Food Items	Minimum Quantities
Fluid Milk	8 ounces
Meat/meat alternates	
Lean meat, poultry or fish	1 ounce
Tofu, soy product, or alternate protein product	1 ounce
Cheese	1 ounce
Large egg	½
Cooked dry beans or peas	¼ cup
Peanut butter or soy nut butter or another nut or seed butter	2 TBSP
Yogurt, plain or flavored, sweetened or unsweetened	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts or seeds	1 ounce
Vegetables	½ cup
Fruits	½ cup
Grains	
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, cereal grain and/or pasta	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)	
Flakes or rounds	1 cup
Puffed cereal	1 ¼ cup
Granola	¼ cup