




CACFP Adult Meal Pattern






FOOD CHART

3/2017






BREAKFAST Must choose 3 of 4 offered items (4th item may be m/ma, or additional grain or veg/fruit)

 Fluid Milk (skim or 1%)	1 cup (to equal 8 fluid oz.)
 Fruit or Vegetable or portions of both	½ cup
 Grains: bread, roll, muffin, biscuit (whole grain, whole grain-rich or enriched, 1 serving=1 ounce) (no ³ or ⁴ on grain chart: considered grain based deserts)	2 slices
Cooked cereal, grains, pasta: (whole grain, whole grain-rich, enriched or fortified (cereal))	1 cup
Ready-to-eat cereal (dry, cold): (whole grain-rich, enriched, or fortified) (no more than 6 grams sugar per dry ounce)	
Flakes or rounds	1 cup
Puffed	1 ¼ cup
Granola	½ cup

SNACK Serve 2 of the following 5 items. Must take both items offered. Only 1 may be a beverage.

 Fluid Milk (skim or 1%)	1 cup (to equal 8 fluid oz.)
 Meat or meat alternate (see lunch/dinner for options)	1 ounce or 1 ounce equivalent
 Vegetables	½ cup
 Fruits	½ cup
 Grains: whole grain, whole grain-rich, enriched (No grain based deserts) Breads, grains, cereal, pasta products, see breakfast requirements	1 slice (1 serving equivalent: 1/2 c rice, grain or pasta)

LUNCH/SUPPER Must take at least 3 food components.

 Fluid milk (skim or 1%) (required at lunch only, optional at supper)	1 cup
 Meat or meat alternate (meat, poultry, fish)	2 oz.
Tofu (usually firm/extra firm), soy product, or alternate protein products	4.4 oz. or ½ cup
Cheese	2 oz.
Cottage cheese, cheese food or cheese	4 oz.
Egg (large)	1 egg
Cooked dry beans or peas	1/2 cup
Peanut butter or other nut or seed butters	4 Tbsp. (¼ c)
Peanuts, soy nuts, tree nuts, or seeds (can only meet up to ½ of the requirement.)	1 ounce = 50%
Yogurt (milk or soy based) Commercially prepared: plain, sweetened, or flavored)	8 ounces or 1 cup
 Vegetables	1/2 cup
 Fruits	1/2 cup
 Grains: whole grain, whole grain-rich, enriched (No grain based deserts) Breads, grains, cereal, pasta products, see breakfast requirements	2 slice (equivalent: 1 c rice, grain or pasta)

- * Juice must be pasteurize and 100% juice, and may only be served at one meal a day, including snack, to meet the fruit/vegetable component
- * Three fourths (3/4) cup of yogurt by volume may replace the 8 oz. of milk once per day (if not also served as meat/meat alternate in the same meal.)
- * At least one whole grain or whole-grain rich product must be served each day(50% or more of product is whole grain with any other grain enriched)
- * Breakfast: Meat/meat alternates may replace the grain ounce for ounce up to 3 times a week.
- * Dried fruit credits at twice the amount served. (example: ¼ c dried fruit = ½ c fruit) Leafy greens credit at half the amount (example: ½ c greens = ¼ vegetable)
- * Flavored milk must be fat free. *All food items offered must be different from each other.(example: two different vegetable, not a double helping of the same veg.)

