



Adult Care

FOOD CHART



Breakfast

1 cup	Fluid Milk *
1/2 cup	Juice or Fruit or Vegetable
2 slices or 2 servings	Grains/Breads **

Snack

For a supplement (snack), choose only two of the four components.

1 cup	Fluid Milk *
1/2 cup	Juice or Fruit or Vegetable
1 ounce	Meat or Meat Alternate
1 slice	Grains/Breads **

Lunch/Supper

1 cup	Fluid Milk * (lunch only)
2 ounces	Meat or Poultry or Fish or
2 ounces	Cheese or
	Cottage Cheese, Cheese Food or
4 ounces (1/2 cup)	Cheese Spread or
1	Egg or
1/2 cup	Cooked Dry Beans and Peas or
4 tablespoons	Peanut Butter
1 cup, total	Vegetables and/or Fruits (must serve at least 2 different varieties)
2 slices or 2 servings	Grains/Breads **

* 8 ounces of yogurt, 1-1/2 ounces of natural cheese or 2 ounces of processed cheese may be substituted to meet the milk requirements. However, ONE SERVING A DAY MUST BE FLUID MILK. When cheese or yogurt is used to fulfill the dairy requirement, it may not be used as a meat/meat alternate at the same meal service.

** Or an equivalent serving of an acceptable grain/bread item such as cornbread, biscuits, rolls, muffins, etc., made of whole grain or enriched meal or flour, or a serving of cooked enriched or whole grain macaroni or other pasta product, or a serving of enriched or fortified whole grain cereal.

*** In the adult meal pattern at snack, juice may be served when milk is served as the only other component.