

Child and Adult Care Food Program
FOOD CHART
Meal Pattern Requirements for Adults

BREAKFAST

Fluid milk	1 cup
Juice or fruit or vegetable	1/2 cup
Grains/breads or cold dry cereal or cooked cereal	2 slices (or 2 servings) 1-1/2 cup (or 2 ounces) 1 cup (or 2 servings)

SNACK

Select two different items from the following four components.

Fluid milk	1 cup
Juice or fruit or vegetable	1/2 cup
Meat or meat alternate or yogurt	2 ounces 8 ounces (or 1 cup)
Grains/breads	1 slice (or 1 serving)

LUNCH/SUPPER

Fluid milk (lunch only, not required at supper)	1 cup
Meat or poultry or fish or cheese or meat alternate or cheese or cottage cheese, cheese food or cheese spread or egg or cooked dry beans or peas or peanut butter, soynut butter, or nut or seed butters or peanuts, soynuts, tree nuts, or seeds or yogurt or an equivalent quantity of any combination of the above mentioned alternates	2 ounces 2 ounces 4 ounces 1 egg 1/2 cup 4 tablespoons 1 ounce = 50 percent 8 ounces (or 1 cup)
Vegetables and/or fruit (2 or more)	1 cup (total)
Grains/breads or cooked pasta or noodle product	2 slices (or 2 servings) 1 cup

Yogurt, natural cheese, or processed cheese may be substituted to meet the milk requirement for breakfast, lunch, or supper. However, if you substitute, fluid milk must be served at one of the other meals.

When cheese or yogurt is used to fulfill the dairy requirement, it cannot be used as a meat/meat alternate at the same meal service.