

# CACFP Adult Meal Pattern Chart

## Breakfast (All three components required for a reimbursable meal)

Components and Food Items	Minimum Quantities												
<b>Fluid Milk</b> - Unflavored 1% or unflavored or flavored non-fat - 6 oz (¾ cup) of yogurt may be used to meet the milk requirement one time per day when yogurt is not served as a meat alternate in the same meal	1 cup												
<b>Vegetables or Fruits</b> (or portions of both) - Juice may only be used to meet the fruit or vegetable requirement at one meal per day	½ cup												
<b>Grains</b> (in ounce equivalents) <table style="margin-left: auto; margin-right: auto;"> <tr> <td>Bread, Rolls, Muffins, Biscuits</td> <td>2 oz eq</td> </tr> <tr> <td>Ready-to-Eat Breakfast Cereal</td> <td></td> </tr> <tr> <td style="padding-left: 40px;">Flakes or Rounds</td> <td>2 cups</td> </tr> <tr> <td style="padding-left: 40px;">Puffed Cereal</td> <td>2 ½ cups</td> </tr> <tr> <td style="padding-left: 40px;">Granola</td> <td>½ cup</td> </tr> <tr> <td>Cooked Cereals, Grains, Rice, Pastas</td> <td>1 cup</td> </tr> </table>	Bread, Rolls, Muffins, Biscuits	2 oz eq	Ready-to-Eat Breakfast Cereal		Flakes or Rounds	2 cups	Puffed Cereal	2 ½ cups	Granola	½ cup	Cooked Cereals, Grains, Rice, Pastas	1 cup	
Bread, Rolls, Muffins, Biscuits	2 oz eq												
Ready-to-Eat Breakfast Cereal													
Flakes or Rounds	2 cups												
Puffed Cereal	2 ½ cups												
Granola	½ cup												
Cooked Cereals, Grains, Rice, Pastas	1 cup												
<b>Meat/Meat Alternates*</b> *Optional, may be served in place of grain up to three times per week	2 oz eq*												

## Snack (Select two of the five components for a reimbursable snack)

Components and Food Items	Minimum Quantities
<b>Fluid Milk</b>	1 cup
<b>Meat/Meat Alternates</b>	1 oz eq
<b>Vegetables</b>	½ cup
<b>Fruits</b>	½ cup
<b>Grains</b> (in ounce equivalents)	1 oz eq



## Lunch and Supper (All five components required for a reimbursable lunch)

Components and Food Items	Minimum Quantities
<b>Fluid Milk</b> -Unflavored 1% or unflavored or flavored non-fat - 6 oz (3/4 cup) of yogurt may be used to meet the milk requirement one time per day when yogurt is not served as a meat alternate in the same meal *A serving of milk is not required at Supper for Adults	1 cup*
<b>Meat/Meat Alternates</b> Lean Meat, Poultry, Fish Cheese Egg Yogurt Cooked Beans Tofu Nut or Seed Butters	2 oz eq 2 oz 2 oz 1 egg 1 cup ½ cup 2 oz 4 Tbsp
<b>Vegetables</b>	½ cup
<b>Fruits</b> (or a second different vegetable)	½ cup
<b>Grains</b> (in ounce equivalents) Bread, Rolls, Muffins, Biscuits, Crackers, and other Bread Products Cooked Cereals, Grains, Rice, Pastas	2 oz eq 1 cup

### Reference

- [7 CFR 226.20\(c\)](#)

### Resources

- [CACFP Grain Requirements Reference Sheet](#)
- [CACFP Grain Requirements- Whole Grain-Rich Reference Sheet](#)
- [Grain-Based Desserts Reference Sheet](#)
- [OSPI Child Nutrition Services CACFP Meal Pattern Trainings](#)
- [Meal Patterns and Menu Planning Webpage](#)
- [CACFP Requirements and Materials Webpage](#)