



FNS Title 7 CFR 226.20(c)

CHILD and ADULT CARE FOOD PROGRAM MEAL PATTERN FOR ADULTS

Food Components	Breakfast	Lunch	Supper	Snack [Select Two of Four Components]
Milk, Fluid ¹	1 Cup	1 Cup	None	1 Cup
Vegetables and/or Fruit or Full Strength Vegetable or Fruit Juice ²	½ Cup Total	1 Cup Total	1 Cup total	½ Cup
Bread and Grains or Alternate^{3,4}: <ul style="list-style-type: none"> • Bread or Alternate • Cold Dry Cereal • Cooked Cereal • Pasta or Noodle Product • Cooked Grains or an Equal Quantity of any Combination of Bread/Bread Alternates 	2 Slices (<i>Servings</i>) 1½ Cup or 2 oz 1 Cup 1 Cup 1 Cup	2 Slices 1 Cup 1 Cup 1 Cup	2 Slices 1 Cup 1 Cup 1 Cup	1 Slice ¾ Cup or 1 oz. ½ Cup ½ Cup ½ Cup
Meat and Beans or Alternate^{5,6}: <ul style="list-style-type: none"> • Lean Meat, Poultry, Fish • Cheese • Eggs • Cooked dry Beans or Peas • Nuts &/or Seeds⁶ • Yogurt, Plain or Flavored, Sweetened or Unsweetened • Any Equal Quantity of any Combination of the Above 		2 oz. 2 oz. 1 Egg ½ Cup 4 Tbs. or 1 oz. 1 Cup or 8 oz. 1 Cup or 8 oz.	2 oz. 2 oz. 1 Egg ½ Cup 4 Tbs. or 1 oz. 1 Cup or 8 oz. 1 Cup or 8 oz.	1 oz. 1 oz. 1 Egg ¼ Cup 2 Tbs. or 1 oz. ½ cup or 4 oz. ½ cup or 4 oz.

Note: All components must be served at breakfast, lunch and supper as indicated. For snacks, **choose any two of the four components** in at least the amounts indicated.

¹A cup means a standard measuring cup.

²Use full-strength 100% juice.

³An acceptable serving of bread and grains [cornbread, biscuits, muffins, etc.] is made of wholegrain or enriched meal or flour, or a serving of whole-grain or enriched cereal, or cooked enriched or whole-grain rice or pasta product.

⁴Serving size and equivalents are published in CACFP program guidance materials.

⁵Alternatives must meet requirements in CACFP program guidance materials

⁶Tree nuts and seed that may be used as meat alternates are listed in program guidance. Not more than 1 ounce of nuts and or seeds maybe used in any meal and may not contribute more than 50% of the total requirement of protein/protein alternate.

****See FNS Title 7 CFR 226.20 (c), Adult Day Care Resource Manual, Food Buying Guide, or Crediting Foods in the CACFP for more information.**