

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	
1 serving = 1 slice	2 slices (or 2 servings)
or cold dry cereal	1 1/2 cup (or 2 ounces)
1 serving = 3/4 cup or 1 ounce	1 cup
or cooked cereal 1 serving = 1/2 cup	

SNACK

Select two of the following four components.

Juice or yogurt may not be served when milk is served as the only other component.

Fluid milk	1 cup
Juice or fruit or vegetable	1/2 cup
Meat or meat alternate or yogurt	1 oz. 4 oz. (or 1/2 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	2 oz. 2 ounces
or cottage cheese, cheese food or cheese spread	4 ounces
or egg	1
or cooked dry beans or peas	1/2 cup
or peanut butter, soy nut butter or nut or seed butters	1 ounce = 50%
or yogurt	8 ounces (or 1 cup)
or an equivalent quantity of any combination of the above meat/meat alternates	
Vegetables and/or fruit (2 or more)	1 cup (Total)
Grains/breads	2 slices (or 2 servings)
1 serving = 1 slice	