

ADULT MEAL PATTERN REQUIREMENTS

Breakfast (Must select all 3 components for a reimbursable meal)

Food Components and Food Items ¹	Minimum Quantities
Fluid Milk²	1 cup
Vegetables, fruits, or portions of both³	1/2 cup
Grains (oz equivalent)^{4,5,6}	
Whole grain-rich or enriched bread	2 ounces
Whole grain-rich or enriched bread product such as biscuit, roll or muffin	2 servings
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	1 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry/cold) ⁷	
Flakes	2 cups
Puffed Cereal	2 1/2 cups
Granola	1/2 cup
Meat/Meat Alternative in lieu of grain—Maximum 3 times per week ^{5,9,10}	2 ounces

Lunch & Supper (Must select all 5 components for a reimbursable meal)

Food Components and Food Items ¹	Minimum Quantities
Fluid Milk^{2,9}	1 cup
Meat/meat alternatives	
Lean Meat, poultry, or fish	2 ounces
Tofu, soy product, or alternate protein product ¹⁰	2 ounces
Cheese	2 ounces
Large Egg	1
Cooked dry beans or peas	1/2 cup
Peanut butter or soy nut butter or another seed butter	4 Tablespoons
Yogurt, plain or flavored, sweetened or unsweetened ¹¹	8 ounces or 1 cup
Nuts—no more than 50% of requirement m/ma	1 ounce = 50% requirement
Vegetables	1/2 cup
Fruits³	1/2 cup
Grains (oz equivalent)^{4,6}	
Whole grain-rich or enriched bread	2 ounces
Whole grain-rich or enriched bread product such as biscuit, roll or muffin	2 ounces
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	1 cup

Snack

(Must select two of the five components for a reimbursable meal)

Food Components and Food Items ¹	Minimum Quantities
Fluid Milk²	1 cup
Meat/meat alternatives	
Lean Meat, poultry, or fish	1 ounce
Tofu, soy product, or alternate protein product ¹⁰	1 ounce
Cheese	1 ounce
Large Egg	1/2
Cooked dry beans or peas	1/4 cup
Peanut butter or soy nut butter or another seed butter	2 Tablespoons
Yogurt, plain or flavored, sweetened or unsweetened ¹¹	4 ounces or 1/2 cup
Peanuts, soy nuts, tree nuts, or seeds	1 ounce
Vegetables	1/2 cup
Fruits³	1/2 cup
Grains (oz equivalent)^{4,6}	
Whole grain-rich or enriched bread	1 slice
Whole grain-rich or enriched bread product such as biscuit, roll or muffin	1 ounce equivalent
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	1/2 cup
Flakes or rounds	1 cup
Puffed cereal	1 1/4 cup
Granola	1/4 cup

IMPORTANT—Superscript Notations

1—Must serve all components for a reimbursable meal. Offer versus serve is an option for adult participants.

2—Must be unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older and adults. For adult participants, 6 ounces (weight) or 3/4 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as the meat alternate in the same meal.

3—Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

4—At least one serving per day, across all eating occasions, must be whole grain-rich. Grains-based desserts do not count towards meeting the grains requirement.

5—**Breakfast only:** Meat and Meat Alternates may be used to meet the entire grains requirement a maximum of three (3) times a week. One ounce of meat and meat alternates is equal to one serving of grains. (1 ounce meat/cheese, 2 Tbsp nut butters, 4 oz—1/2 Cup Yogurt; 1/2 egg or 1/4 Cup cooked dry beans or peas)

6—Beginning October 1, 2019, ounce equivalents are used to determine the quantity of grains.

7—Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

9—**Suppers only:** A serving of fluid milk is optional for suppers served to adult participants.

10—Alternate protein products must meet requirements in Appendix to Part 226.

11—Yogurt must contain no more than 23 grams of total sugars per 6 ounces