



# CACFP Adult Meal Pattern

Must serve the required components and serving sizes

Breakfast	
Must serve milk, vegetable or fruit, and either a grain or meat/meat alternate	
Food Components and Food Items	Serving Sizes
<b>Fluid Milk</b> <ul style="list-style-type: none"> <li>• Unflavored or flavored 1% or skim</li> <li>• Yogurt (regular and soy)               <ul style="list-style-type: none"> <li>- 6 oz. (weight) or ¾ cup may be served to meet the fluid milk requirement for one meal per day when not served as a meat alternate for that same meal</li> <li>- Must contain no more than 23 grams of total sugars per 6 ounces</li> </ul> </li> </ul>	1 cup (8 fluid oz.)
<b>Vegetables or Fruits</b> <i>(or portions of both)</i> <ul style="list-style-type: none"> <li>• Full-strength juice may only be served to meet the fruit or vegetable requirement at one meal or snack per day</li> </ul>	½ cup
<b>Grains</b> <ul style="list-style-type: none"> <li>• Must be whole grain-rich, enriched, or fortified</li> <li>• At least one serving per day must be whole grain-rich</li> <li>• Grain-based desserts are not creditable <i>(Refer to: <a href="#">Grains Chart-ADC</a>)</i></li> <li>• Cereals must contain no more than 6 grams of sugar per dry ounce</li> </ul>	
Bread	2 oz eq
Bread products such as biscuits, rolls, or muffins <i>Refer to the <a href="#">CACFP Grains Chart-ADC</a> for options and serving sizes</i>	2 oz eq
<b>Cooked</b> breakfast cereal, grains, rice and/or pasta	1 cup
<b>Ready-to-eat</b> breakfast cereal (dry, cold)	
Flakes or rounds	2 cups
Puffed cereal	2 ½ cups
Granola	½ cup
<b>Meat/Meat Alternates</b> <ul style="list-style-type: none"> <li>• Not required at breakfast, but may be served in place of the entire grain component a maximum of three times per week</li> </ul>	
	<b>2 oz eq is equal to:</b>
Lean meat, poultry, or fish	2 oz.
Cheese (natural and processed; soft and hard)	2 oz. (½ cup shredded)
Cottage cheese, ricotta cheese, cheese spread, cheese food <i>2 ounces = 1 ounce meat/meat alternate</i>	½ cup (4 oz.)
Egg, whole, large	1 egg
Cooked dry beans or peas	½ cup
Yogurt (regular and soy) <i>- Must contain no more than 23 grams of total sugars per 6 ounces</i>	1 cup (8 oz.)
Peanut butter, soy nut butter or other nut or seed butters	4 Tbsp
Peanuts, soy nuts, tree nuts or seeds	2 oz.
Surimi	6 oz.
Tempeh	1 oz.
Tofu (commercially prepared) <i>2.2 oz. (1/4 cup) must contain at least 5 grams of protein</i>	½ cup (4.4 oz.)
Soy products (e.g. soy sausage, veggie burgers) or alternate protein products <i>Must meet the requirements in Appendix A to Part 226</i>	2 oz.



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<b>Lunch and Supper</b> Lunch: Must serve all 5 components Supper: Must serve all 4 required components	
Food Components and Food Items	Serving Sizes
<b>Fluid Milk</b> (Optional for suppers only) <ul style="list-style-type: none"> <li>• Unflavored or flavored 1% or skim</li> <li>• Yogurt (regular and soy)                                     <ul style="list-style-type: none"> <li>- 6 oz. (weight) or <math>\frac{3}{4}</math> cup may be served to meet the fluid milk requirement for one meal per day when not served as a meat alternate for that same meal.</li> <li>- Must contain no more than 23 grams of total sugars per 6 ounces</li> </ul> </li> </ul>	1 cup (8 fluid oz.)
<b>Meat/Meat Alternates</b>	Amounts listed below must be served to meet the m/ma serving size requirements
	<b>2 oz eq is equal to:</b>
Lean meat, poultry, or fish	2 oz.
Cheese (natural and processed; soft and hard)	2 oz. ( $\frac{1}{2}$ cup shredded)
Cottage cheese, ricotta cheese, cheese spread, cheese food <i>2 ounces = 1 ounce meat/meat alternate</i>	$\frac{1}{2}$ cup (4 oz.)
Egg, whole, large	1 egg
Cooked dry beans or peas	$\frac{1}{2}$ cup
Yogurt (regular and soy) <i>- Must contain no more than 23 grams of total sugars per 6 ounces</i>	1 cup (8 oz.)
Peanut butter, soy nut butter or other nut or seed butters	4 Tbsp
Peanuts, soy nuts, tree nuts or seeds <i>- May be used to meet no more than <math>\frac{1}{2}</math> of the meat/meat alternate serving size</i> <i>- Combine with another meat/meat alternate to meet the full minimum serving size</i>	1 oz. = 50%
Surimi	6 oz.
Tempeh	1 oz.
Tofu (commercially prepared) <i>2.2 oz. (<math>\frac{1}{4}</math> cup) must contain at least 5 grams of protein</i>	$\frac{1}{2}$ cup (4.4 oz.)
Soy products (e.g. soy sausage, veggie burgers, etc.) or alternate protein products <i>Must meet the requirements in Appendix A to Part 226</i>	2 oz.
<b>Vegetables</b> <ul style="list-style-type: none"> <li>• Full-strength juice may only be served to meet the fruit or vegetable requirement at one meal or snack per day</li> </ul>	$\frac{1}{2}$ cup
<b>Fruits</b> <ul style="list-style-type: none"> <li>• Full-strength juice may only be served to meet the fruit or vegetable requirement at one meal or snack per day</li> <li>• A second vegetable may be served in place of fruit. When served, must serve the minimum fruit serving size.</li> </ul>	$\frac{1}{2}$ cup
<b>Grains</b> <ul style="list-style-type: none"> <li>• Must be whole grain-rich, enriched, or fortified</li> <li>• At least one serving per day must be whole grain-rich</li> </ul> <ul style="list-style-type: none"> <li>• Grain-based desserts are not creditable (Refer to: <a href="#">Grains Chart-ADC</a>)</li> <li>• Cereals must contain no more than 6 grams of sugar per dry ounce</li> </ul>	
Bread	2 oz eq
Bread products such as biscuits, rolls, and muffins <i>Refer to the <a href="#">CACFP Grains Chart-ADC</a> for options and serving sizes</i>	2 oz eq
Rice, pasta, grains, and cooked cereals	1 cup



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Snack	
Must serve 2 of the 5 components. Only 1 of the 2 components may be a beverage.	
Food Components and Food Items	Serving Sizes
<b>Fluid Milk</b> <ul style="list-style-type: none"> <li>• Unflavored or flavored 1% or skim</li> <li>• Yogurt (regular and soy)               <ul style="list-style-type: none"> <li>- 6 oz. (weight) or ¾ cup may be served to meet the fluid milk requirement for one meal per day when not served as a meat alternate for that same meal.</li> <li>- Must contain no more than 23 grams of total sugars per 6 ounces</li> </ul> </li> </ul>	1 cup (8 fluid oz.)
<b>Meat/Meat Alternates</b> Amounts listed below must be served to meet the m/ma serving size requirements	
	<b>1 oz eq is equal to:</b>
Lean meat, poultry, or fish	1 oz.
Cheese (natural and processed; soft and hard)	1 oz. (¼ cup shredded)
Cottage cheese, ricotta cheese, cheese spread, cheese food <i>2 ounces = 1 ounce meat/meat alternate</i>	¼ cup (2 oz.)
Egg, whole, large	½ egg
Cooked dry beans or peas	¼ cup
Yogurt (regular and soy) - <i>Must contain no more than 23 grams of total sugars per 6 ounces</i>	½ cup (4 oz.)
Peanut butter, soy nut butter or other nut or seed butters	2 Tbsp
Peanuts, soy nuts, tree nuts or seeds	1 oz
Surimi	3 oz.
Tempeh	1 oz.
Tofu (commercially prepared) <i>2.2 oz. (1/4 cup) must contain at least 5 grams of protein</i>	¼ cup (2.2 oz.)
Soy products (e.g. soy sausage, veggie burgers, etc.) or alternate protein products <i>Must meet the requirements in Appendix A to Part 226</i>	1 oz.
<b>Vegetables</b> <ul style="list-style-type: none"> <li>• Full-strength juice may only be served to meet the fruit or vegetable requirement at one meal or snack per day</li> </ul>	½ cup
<b>Fruits</b> <ul style="list-style-type: none"> <li>• Full-strength juice may only be served to meet the fruit or vegetable requirement at one meal or snack per day</li> </ul>	½ cup
<b>Grains</b> <ul style="list-style-type: none"> <li style="width: 50%;">• Must be whole grain-rich, enriched, or fortified</li> <li style="width: 50%;">• Grain-based desserts are not creditable (<i>Refer to: <a href="#">Grains Chart-ADC</a></i>)</li> <li style="width: 50%;">• At least one serving per day must be whole grain-rich</li> <li style="width: 50%;">• Cereals must contain no more than 6 grams of sugar per dry ounce</li> </ul>	
Bread	1 oz eq
Bread products such as biscuits, rolls, and muffins <i>Refer to the <a href="#">CACFP Grains Chart-ADC</a> for options and serving sizes</i>	1 oz eq
Rice, pasta, grains, and cooked cereals	½ cup
<b>Ready-to-eat</b> breakfast cereal (dry, cold)	1 cup
Flakes or rounds	1 ¼ cup
Puffed cereal	1 ¼ cup
Granola	¼ cup