

## Adult Care Meal Pattern

<b>Breakfast</b> Select All Three Components for a Reimbursable Meal		
1 milk <sup>1</sup>	1 cup	fluid milk
1 fruit/vegetable	1/2 cup	juice, <sup>2</sup> fruit and/or vegetable
1 grains/bread <sup>3</sup>	2 slices 2 servings 1½ cups 1 cup 1 cup	bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains
<sup>1</sup> Milk served must be low-fat (1%) or non-fat (skim). <sup>2</sup> Fruit or vegetable juice must be full-strength. <sup>3</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.		

## Adult Care Meal Pattern

<b>Lunch</b> Select All Four Components for a Reimbursable Meal		
1 milk <sup>1</sup>	1 cup	fluid milk
2 fruits/vegetables	1 cup	juice, <sup>2</sup> fruit and/or vegetable
1 grains/bread <sup>3</sup>	2 slices 2 servings 1½ cups 1 cup 1 cup	bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains
1 meat/meat alternate	2 oz. 2 oz. 2 oz. 1 1/2 cup 4 Tbsp. 1 oz. 8 oz.	lean meat or poultry or fish <sup>4</sup> or alternate protein product or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butter or nuts and/or seeds <sup>5</sup> or yogurt <sup>6</sup>
<sup>1</sup> Milk served must be low-fat (1%) or non-fat (skim). <sup>2</sup> Fruit or vegetable juice must be full-strength. <sup>3</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified. <sup>4</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish. <sup>5</sup> Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch requirement. <sup>6</sup> Yogurt may be plain or flavored, unsweetened or sweetened.		

## Adult Care Meal Pattern

<b>Supper</b> Select All Three Components for a Reimbursable Meal		
2 fruits/vegetables	1 cup	juice, <sup>1</sup> fruit and/or vegetable
1 grains/bread <sup>2</sup>	2 slices 2 servings 1½ cups 1 cup 1 cup	bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains
1 meat/meat alternate	2 oz. 2 oz. 2 oz. 1 1/2 cup 4 Tbsp. 1 oz. 8 oz.	lean meat or poultry or fish <sup>3</sup> or alternate protein product or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butter or nuts and/or seeds <sup>4</sup> or yogurt <sup>5</sup>
<sup>1</sup> Fruit or vegetable juice must be full-strength. <sup>2</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified. <sup>3</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish. <sup>4</sup> Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the supper requirement. <sup>5</sup> Yogurt may be plain or flavored, unsweetened or sweetened.		

## Adult Care Meal Pattern

<b>Snack</b> Select Two of the Four Components for a Reimbursable Snack		
1 milk <sup>1</sup>	1 cup	fluid milk
1 fruit/vegetable	1/2 cup	juice, <sup>2</sup> fruit and/or vegetable
1 grains/bread <sup>3</sup>	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup	bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains
1 meat/meat alternate	1 oz. 1 oz. 1 oz. 1/2 1/4 cup 2 Tbsp. 1 oz. 4 oz.	lean meat or poultry or fish <sup>4</sup> or alternate protein product or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butter or nuts and/or seeds or yogurt <sup>5</sup>
<sup>1</sup> Milk served must be low-fat (1%) or non-fat (skim). <sup>2</sup> Fruit or vegetable juice must be full-strength. <sup>3</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified. <sup>4</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish. <sup>5</sup> Yogurt may be plain or flavored, unsweetened or sweetened.		