

Adult Care Meal Pattern

Breakfast Select All Three Components for a Reimbursable Meal		
1 milk ¹	1 cup	fluid milk
1 fruit/vegetable	1/2 cup	juice, ² fruit and/or vegetable
1 grains/bread ³	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 Milk served must be low-fat (1%) or non-fat (skim). ² Fruit or vegetable juice must be full-strength. ³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.		

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Lunch Select All Four Components for a Reimbursable Meal		
1 milk ¹	1 cup	fluid milk
2 fruits/vegetables	1 cup	juice, ² fruit and/or vegetable
1 grains/bread ³	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 ⁴ 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 ⁵ or yogurt ⁶
¹ Milk served must be low-fat (1%) or non-fat (skim). ² Fruit or vegetable juice must be full-strength. ³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified. ⁴ A serving consists of the edible portion of cooked lean meat or poultry or fish. ⁵ 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. ⁶ Yogurt may be plain or flavored, unsweetened or sweetened.		

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Supper Select All Three Components for a Reimbursable Meal		
2 fruits/vegetables	1 cup	juice, ¹ fruit and/or vegetable
1 grains/bread ²	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 ³ 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 ⁴ or yogurt ⁵
¹ Fruit or vegetable juice must be full-strength. ² Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified. ³ A serving consists of the edible portion of cooked lean meat or poultry or fish. ⁴ 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. ⁵ Yogurt may be plain or flavored, unsweetened or sweetened.		

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<h3 style="margin: 0;">Snack</h3> <p style="margin: 0; font-size: 0.9em;">Select Two of the Four Components for a Reimbursable Snack</p>		
1 milk ¹	1 cup	fluid milk
1 fruit/vegetable	1/2 cup	juice, ² fruit and/or vegetable
1 grains/bread ³	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 ⁴ 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 ⁵
<p>¹ Milk served must be low-fat (1%) or non-fat (skim).</p> <p>² Fruit or vegetable juice must be full-strength.</p> <p>³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.</p> <p>⁴ A serving consists of the edible portion of cooked lean meat or poultry or fish.</p> <p>⁵ Yogurt may be plain or flavored, unsweetened or sweetened.</p>		