

Adult Meal Pattern

Child and Adult Care Food Program

Food Components and Food Items It is recommended that water be offered and made available to adult CACFP participants throughout the day. Water is not a part of a reimbursable meal and may not be served instead of fluid milk.	Breakfast¹ Offer all three components for a reimbursable meal.	Lunch/Supper¹ Offer all five components for a reimbursable meal.	Snack² Serve two of five components for a reimbursable meal.
Fluid Milk ^{3, 4}	8 fl oz (1 cup)	8 fl oz (1 cup) Optional for Supper⁵	8 fl oz (1 cup)
Meat or Meat Alternate ⁶			
Lean meat, poultry, or fish		2 oz	1 oz
Tofu		4.4 oz or ½ cup	2.2 oz or ¼ cup
Soy product or alternate protein products ⁷		2 oz	1 oz
Cheese		2 oz	1 oz
Large egg		1	½
Cooked dry beans/peas		½ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters		4 Tbsp	2 Tbsp
Yogurt (including soy), plain or flavored, unsweetened or sweetened ^{4, 8}		8 oz or 1 cup	4 oz or ½ cup
Peanuts, soy nuts, tree nuts or seeds ⁹		1 oz = 50%	1 oz
Vegetables, Fruits, or portions of both ¹⁰			
	½ cup		
Vegetables ^{10, 11}			
		½ cup	½ cup
Fruits ^{10, 11}			
		½ cup	½ cup
Grains (oz eq) ^{6, 12, 13}			
Whole grain-rich or enriched bread	2 slices	2 slices	1 slice
Whole grain-rich or enriched bread product (such as biscuit, roll, muffin)	2 servings	2 servings	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	1 cup	1 cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{14, 15}	1 ½ cups	1 ½ cups	¾ cups

CACFP Meals for Adults in Care

- ¹ Offer versus serve is an option for adult participants. For breakfast, four food items from three food components must be offered. For lunch and supper, all five food components must be offered.
- ² Only one of the two required snack components may be a beverage. Offer versus serve is not an option for snack.
- ³ Milk must be unflavored or flavored low-fat (1%) or unflavored fat-free (skim) milk for adult CACFP participants.
- ⁴ For adult CACFP participants, 6 ounces (weight) or $\frac{3}{4}$ cup (volume) yogurt may be used to meet the equivalent of 8 ounces fluid milk once per day when yogurt is not served as a meat alternate in the same meal. It is recommended to serve water at meals or snacks when yogurt substitutes for milk.
- ⁵ Fluid milk is optional at supper meals for adults.
- ⁶ Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week for breakfast only. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.
- ⁷ Alternate protein products must meet 7CFR Part 226, Appendix A requirements. A Child Nutrition (CN) label or product formulation statement is required.
- ⁸ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- ⁹ Peanuts, soy nuts, tree nuts or seeds may be used to meet no more than 50% of the requirement at lunch/supper, or an equivalent quantity of any combination of meat/meat alternates.
(1 oz nuts/seeds = 1 oz cooked lean meat poultry, or fish)
- ¹⁰ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal per day, including snack.
- ¹¹ Lunch and supper must include one fruit and one vegetable OR two vegetables. When two vegetables are served, two different kinds of vegetables must be served.
- ¹² At least one serving per day must be whole grain-rich across all eating occasions at each site. Grain-based desserts do not count towards meeting the grains requirement.
- ¹³ Ounce equivalents will be used to determine the quantity of creditable grains by October 1, 2019.
- ¹⁴ 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).
- ¹⁵ Beginning October 1, 2019, the minimum serving size for ready-to-eat cereal will change. This chart and the required serving sizes will be effective until October 1, 2019.

Abbreviations:

- Tbsp. = Tablespoon
- cup = measuring cup (1 cup = 8 ounces)
- oz eq = ounce equivalent
- fl oz = fluid ounces

This institution is an equal opportunity provider.