









# ADULT MEAL PATTERN LUNCH AND SUPPER




## FLUID MILK

	Adult	Notes
	8 Fluid Ounces: Unflavored SKIM or 1% Flavored SKIM	Yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal
	6 Ounces or ¾ Cup: Yogurt	

## MEAT/MEAT ALTERNATES

Meat/Meat Alternate	Adults
 Lean Meat, Poultry, Fish	2 Ounces
 Tofu, Soy Products	2 Ounces
 Cheese	2 Ounces
 Large Egg	1
 Cooked Dry Beans or Peas	½ Cup
 Nut Butter	4 Tbsp
 Yogurt	8 Ounces or 1 Cup

## VEGETABLES


	Vegetables	Adults
		½ Cup

This institution is an equal opportunity provider.





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## FRUIT

	Fruit	Adults
		½ Cup

## WHOLE GRAIN-RICH OR ENRICHED GRAINS

Grain Item	Adults
	Bread, Bagel, Buns, English Muffins 2 Slices
	Biscuit, Roll, Muffin, Tortilla, Pizza Crust 2 Servings
	Cooked Breakfast Cereal, Pasta, Rice 1 Cup
	Cornbread, Corn Muffins 1 ¼ Ounces

## REMEMBER

- Offer versus serve is an option
- A serving of fluid milk is optional for supper
- 100% Juice can be used to meet the fruit or vegetable requirement once a day
- A second different vegetable can be served instead of a fruit at lunch and supper
- Whole grain-rich must be served once a day
- Grain-based deserts don't count
- Breakfast cereal must contain no more than 6 grams of sugar per dry ounce
- Yogurt must contain no more than 23 grams of sugar per 6 ounces
- Alternate protein products must meet the requirements in Appendix A to Part 226
- Peanuts, soy nuts, tree nuts, or seeds may be used to meet 50% of the requirement
- 1 Ounce of nuts/seeds equals 1 ounce of cooked lean meat, poultry, or fish