



# ADULT MEAL PATTERN





## SNACK – CHOOSE 2



### 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	1 Ounce
 Tofu, Soy Products	1 Ounce
 Cheese	1 Ounce
 Large Egg	1
 Cooked Dry Beans or Peas	¼ Cup
 Nut Butter	2 Tbsp
 Yogurt	4 Ounces or ½ Cup

### 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 1 Slice
	Biscuit, Roll, Muffin 1 Serving
	Cooked Breakfast Cereal, Pasta, Rice ½ Cup
	Breakfast Cereal (Flakes or rounds) 1 Cup
	Breakfast Cereal (Puffed) 1 ¼ Cup
	Granola ¾ Cup

## REMEMBER

- Select two of the five components
- Only one of the components can be a beverage
- 100% Juice can be used to meet the fruit or vegetable requirement once a day
- 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