






# ADULT MEAL PATTERN BREAKFAST



## 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 (INSTEAD OF THE GRAIN UP TO 3 TIMES PER WEEK)

Meat/Meat Alternate	Adults
 Lean Meat, Poultry, Fish	2 Ounces
 Tofu, Soy Products	½ Cup with at least 10 grams of protein
 Cheese	2 Ounces
 Large Egg	1
 Cooked Dry Beans or Peas	½ Cup
 Nut Butter	4 Tbsp
 Yogurt	8 Ounces or 1 Cup
 Cottage or Ricotta Cheese	4 Ounces or ½ Cup

# ADULT MEAL PATTERN BREAKFAST



## VEGETABLES, FRUITS, OR PORTION OF BOTH

	Adult
	½ Cup

## WHOLE GRAIN-RICH OR ENRICHED GRAINS

Grain Item	Adult
Bread, Bagel, Buns, English Muffins	2 Slices
Biscuit, Roll, Muffin	2 Servings
Cooked Breakfast Cereal, Pasta	1 Cup
Breakfast Cereal (Flakes or rounds)	2 Cups
Breakfast Cereal (Puffed)	2 ½ Cups
Granola	½ Cup



## REMEMBER

- All three components must be served.
- Offer versus serve is an option
- 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
- Meat/meat alternate can be substituted for the grains up to three days a week (1 ounce of meat/meat alternate equals 1 ounce of grain)
- Breakfast cereal must contain no more than 6 grams of sugar per dry ounce

# 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





# ADULT MEAL PATTERN LUNCH AND SUPPER



## 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

# 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







# ADULT MEAL PATTERN SNACK – CHOOSE 2



## 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