







# 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

This institution is an equal opportunity provider.

# 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

This institution is an equal opportunity provider.