

CACFP Adult Meal Pattern Chart

Breakfast (All three components required for a reimbursable meal)

Components and Food Items	Minimum Quantities
Fluid Milk - Unflavored 1% or unflavored or flavored non-fat - 6 oz ($\frac{3}{4}$ cup) of yogurt may be used to meet the milk requirement one time per day when yogurt is not served as a meat alternate in the same meal	1 cup
Vegetables or Fruits (or portions of both) - Juice may only be used to meet the fruit or vegetable requirement at one meal per day	$\frac{1}{2}$ cup
Grains (in ounce equivalents) - Bread, Rolls, Muffins, Biscuits - Ready-to-Eat Breakfast Cereal - Flakes or Rounds - Puffed Cereal - Granola - Cooked Cereals, Grains, Rice, Pastas	2 oz eq 2 cups 2 $\frac{1}{2}$ cups $\frac{1}{2}$ cup 1 cup
Meat/Meat Alternates* *Optional, may be served in place of grain up to three times per week	2 oz eq*

Snack (Select two of the five components for a reimbursable snack)

Components and Food Items	Minimum Quantities
Fluid Milk	1 cup
Meat/Meat Alternates	1 oz eq
Vegetables	$\frac{1}{2}$ cup
Fruits	$\frac{1}{2}$ cup
Grains (in ounce equivalents)	1 oz eq



Lunch and Supper (All five components required for a reimbursable lunch)

Components and Food Items	Minimum Quantities
Fluid Milk -Unflavored 1% or unflavored or flavored non-fat - 6 oz (3/4 cup) of yogurt may be used to meet the milk requirement one time per day when yogurt is not served as a meat alternate in the same meal *A serving of milk is not required at Supper for Adults	1 cup*
Meat/Meat Alternates Lean Meat, Poultry, Fish Cheese Egg Yogurt Cooked Beans Tofu Nut or Seed Butters	2 oz eq 2 oz 2 oz 1 egg 1 cup ½ cup 2 oz 4 Tbsp
Vegetables	½ cup
Fruits (or a second different vegetable)	½ cup
Grains (in ounce equivalents) Bread, Rolls, Muffins, Biscuits, Crackers, and other Bread Products Cooked Cereals, Grains, Rice, Pastas	2 oz eq 1 cup

Reference

- [7 CFR 226.20\(c\)](#)

Resources

- [CACFP Grain Requirements Reference Sheet](#)
- [CACFP Grain Requirements- Whole Grain-Rich Reference Sheet](#)
- [CACFP Grain-Based Desserts Reference Sheet](#)
- [Meal Patterns and Menu Planning Webpage](#)
- [CACFP Requirements and Materials Webpage](#)