

CACFP Adult Meal Pattern Chart

Breakfast

Components and Food Items – All three components required for a reimbursable meal	Minimum Quantities
Fluid Milk <ul style="list-style-type: none"> Unflavored or unflavored whole, reduced-fat, low-fat, or fat-free milk. 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. 	1 cup
Vegetables or Fruit (or portions of both) <ul style="list-style-type: none"> Juice may only be used to meet the fruit or vegetable requirement at one meal per day. 	1/2 cup
Grains (in ounce equivalents)	
Bread, Rolls, Muffins, Biscuits	2 oz eq
Ready-to-eat Breakfast Cereal	
Flakes or rounds	2 cups
Puffed Cereal	2 1/2 cups
Granola	1/2 cup
Cooked Cereals, Grains, Rice Pastas	1 cup
Meat/Meat Alternates*	2 oz eq*
*Optional, may be served in place of grain up to three times per week	

Lunch and Supper

Components and Food Items – All five components required for a reimbursable meal	Minimum Quantities
Fluid Milk <ul style="list-style-type: none"> Unflavored or unflavored whole, reduced-fat, low-fat, or fat-free milk. 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*
Fruit (or a second different vegetable)	1/2 cup
Vegetables	1/2 cup
Meat/Meat Alternates	2 oz eq
Lean Meat, Poultry, Fish	2 oz
Cheese	2 oz
Egg	1 egg
Yogurt	1 cup
Cooked Beans	1/2 cup
Tofu	2 oz
Nut or Seed Butters	4 Tbsp
Grains (in ounce equivalents)	
Bread, Rolls, Muffins, Biscuits, Crackers and other Bread Products	2 oz eq
Cooked Cereals, Grains, Rice, Pastas	1 cup

Snack

Components and Food Items – Two components required for a reimbursable meal	Minimum Quantities
Fluid Milk	1 cup
Meat/Meat Alternates	1 oz eq
Vegetables	1/2 cup
Fruit	1/2 cup
Grains (in ounce equivalents)	1 oz eq

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](#)