

# ADULT MEAL PATTERN REQUIREMENTS

## Breakfast (Must select all 3 components for a reimbursable meal)

Food Components and Food Items <sup>1</sup>	Minimum Quantities
<b>Fluid Milk<sup>2</sup></b>	1 cup
<b>Vegetables, fruits, or portions of both<sup>3</sup></b>	1/2 cup
<b>Grains (oz equivalent)<sup>4,5,6</sup></b>	
Whole grain-rich or enriched bread	2 ounce equivalent
Whole grain-rich or enriched bread product such as biscuit, roll or muffin	2 servings (1 ounce equivalent each)
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>7</sup> , cereal grain, and/or pasta	1 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry/cold) <sup>7</sup>	
Flakes	2 cups
Puffed Cereal	2 1/2 cups
Granola	1/2 cup
Meat/Meat Alternative in lieu of grain—Maximum 3 times per week <sup>5,9,10</sup>	2 ounces

## Lunch & Supper (Must select all 5 components for a reimbursable meal)

Food Components and Food Items <sup>1</sup>	Minimum Quantities
<b>Fluid Milk<sup>2,9</sup></b>	1 cup
<b>Meat/meat alternatives</b>	
Lean Meat, poultry, or fish	2 ounces
Tofu, soy product, or alternate protein product <sup>10</sup>	2 ounces
Cheese	2 ounces
Large Egg	1
Cooked dry beans or peas	1/2 cup
Peanut butter or soy nut butter or another seed butter	4 Tablespoons
Yogurt, plain or flavored, sweetened or unsweetened <sup>11</sup>	8 ounces or 1 cup
Nuts—no more than 50% of requirement m/ma	1 ounce = 50% requirement
<b>Vegetables</b>	1/2 cup
<b>Fruits<sup>3</sup></b>	1/2 cup
<b>Grains (oz equivalent)<sup>4,6</sup></b>	
Whole grain-rich or enriched bread	2 ounces
Whole grain-rich or enriched bread product such as biscuit, roll or muffin	2 servings (1 ounce equivalent each)
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>7</sup> , cereal grain, and/or pasta	1 cup

## Snack

**(Must select two of the five components for a reimbursable meal)**

Food Components and Food Items <sup>1</sup>	Minimum Quantities
<b>Fluid Milk<sup>2</sup></b>	1 cup
<b>Meat/meat alternatives</b>	
Lean Meat, poultry, or fish	1 ounce
Tofu, soy product, or alternate protein product <sup>10</sup>	1 ounce
Cheese	1 ounce
Large Egg	1/2
Cooked dry beans or peas	1/4 cup
Peanut butter or soy nut butter or another seed butter	2 Tablespoons
Yogurt, plain or flavored, sweetened or unsweetened <sup>11</sup>	4 ounces or 1/2 cup
Peanuts, soy nuts, tree nuts, or seeds	1 ounce
<b>Vegetables</b>	1/2 cup
<b>Fruits<sup>3</sup></b>	1/2 cup
<b>Grains (oz equivalent)<sup>4,6</sup></b>	
Whole grain-rich or enriched bread	1 ounce equivalent
Whole grain-rich or enriched bread product such as biscuit, roll or muffin	1 serving (1 ounce equivalent)
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>7</sup> , cereal grain, and/or pasta	1/2 cup
Flakes or rounds	1 cup
Puffed cereal	1 1/4 cup
Granola	1/4 cup

### IMPORTANT—Superscript Notations

1—Must serve all components for a reimbursable meal. Offer versus serve is an option for adult participants.

2—Must be unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older and adults. For adult participants, 6 ounces (weight) or 3/4 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as the meat alternate in the same meal.

3—Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

4—At least one serving per day, across all eating occasions, must be whole grain-rich. Grains-based desserts do not count towards meeting the grains requirement.

5—**Breakfast only:** Meat and Meat Alternates may be used to meet the entire grains requirement a maximum of three (3) times a week. One ounce of meat and meat alternates is equal to one serving of grains. (2 ounces meat/cheese, 4 Tbsp nut butters, 8 oz—1 Cup Yogurt; 1 egg or 1/2 Cup cooked dry beans or peas)

6—Beginning October 1, 2019, ounce equivalents are used to determine the quantity of grains.

7—Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

9—**Suppers only:** A serving of fluid milk is optional for suppers served to adult participants.

10—Alternate protein products must meet requirements in Appendix to Part 226.

11—Yogurt must contain no more than 23 grams of total sugars per 6 ounces