

Child and Adult Care Food Program ADULT MEAL PATTERNS

Meal Components for	Breakfast	Lunch	Supper	Snack
Milk, Required Servings:	1 serving	1 serving	No Milk	1 serving
1 serving =			Required at	Provide 2 of
8 oz. fluid milk			Supper	the 4 listed
				components at
Vegetables/Eguit Deguired Comings	4 coming	2 complete	2 complete	Snack
Vegetables/Fruit, Required Servings:	1 serving	2 servings	2 servings	1 serving Provide 2 of
1 serving = • ½ cup full-strength fruit/vegetable		Two separate servings of	Two separate servings of	the 4 listed
juice		fruit and/or	fruit and/or	components at
• or ½ cup fruit/vegetable		vegetables	vegetables	Snack
Grains/Breads, Required Servings:	2 servings	2 servings	2 servings	1 serving
1 serving =	_ = 001190	_ = 001190	_ = 001190	Provide 2 of
• ½ cup cooked cereal				the 4 listed
• or ³ / ₄ cup or 1 oz. dry cereal,				components at
whichever is less				Snack
or 1 slice enriched or whole grain				
bread				
or equivalent serving of biscuits,				
rolls, cornbread, muffins				
 or ½ cup cooked rice, macaroni, noodles, other pasta 				
Meat/Alternate, Required Servings:	No Meat/	1 serving/	1 serving/	1 serving/
1 serving = 1 oz. for snack; 2 oz. for lunch or	meat	2 oz. total	2 oz. total	1 oz. total
supper	alternate	2 02. total	2 02. total	Provide 2 of
 cooked lean meat, poultry or fish 	required at			the 4 listed
or alternate protein product	Breakfast			components at
or cheese	Dioakiast			Snack
 ½ cup cooked dry beans or peas 				
= 1 oz.				
2 tbsp. peanut butter or other				
nut/seed butters = 1 oz.				
 or 1 oz. peanuts, soynuts, tree nuts or seeds* 				
1 egg meets the 2 oz.				
requirement for lunch or supper				
• ½ egg meets the 1 oz.				
requirement for snack				
• ½ cup yogurt = 4 oz. and meets the 1 serving requirement for				
snack				

^{*} Can only meet 50% of the requirement for lunch or supper.

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Food and Nutrition Services

651-582-8526

800-366-8922

Child and Adult Care Food Program Adult Meal Patterns for Offer versus Serve

Menus must be planned to provide all of the required servings of meal components at each meal.

To be reimbursable, the participants	Breakfast	Lunch	Supper	Snack
must choose:	3 of the 4	4 of the 6	3 of the 5	Offer vs.
	offered	offered	offered	Serve Not
	servings	servings	servings	Available
Milk, Required Servings:	1 serving	1 serving	No Milk	1 serving
1 serving =			Required at	Provide 2 of
8 oz. fluid milk			Supper	the 4 listed components at
				Snack
Vegetables/Fruit, Required Servings:	1 serving	2 servings	2 servings	1 serving
1 serving =		Two separate	Two separate	Provide 2 of
• ½ cup full-strength fruit/vegetable		servings of	servings of	the 4 listed
juice		fruit and/or	fruit and/or	components at
• or ½ cup fruit/vegetable		vegetables	vegetables	Snack
Grains/Breads, Required Servings:	2 servings	2 servings	2 servings	1 serving
1 serving =				Provide 2 of
• ½ cup cooked cereal				the 4 listed
or ¾ cup or 1 oz. dry cereal, whichever is less				components at Snack
4 11 1 1 1 1				Orlack
or 1 slice enriched or whole grain bread				
 or equivalent serving of biscuits, 				
rolls, cornbread, muffins				
• or ½ cup cooked rice, macaroni,				
noodles, other pasta				
Meat/Alternate, Required Servings:	No Meat/	1 serving/	1 serving/	1 serving/
1 serving = 1 oz. for snack; 2 oz. for lunch or	meat	2 oz. total	2 oz. total	1 oz. total
supper	alternate			Provide 2 of
 cooked lean meat, poultry or fish 	required at			the 4 listed
or alternate protein product	Breakfast			components at
or cheese				Snack
 ¼ cup cooked dry beans or peas 				
= 1 oz.				
2 tbsp. peanut butter or other 2 tbsp. peanut butter or other 2 tbsp. peanut butter or other				
nut/seed butters = 1 oz.				
or 1 oz. peanuts, soynuts, tree nuts or seeds*				
1 egg meets the 2 oz. requirement for lunch or supper				
• ½ egg meets the 1 oz.				
requirement for snack				
• ½ cup yogurt = 4 oz. and meets				
the 1 serving requirement for				
snack				

^{*} Can only meet 50% of the requirement for lunch or supper.

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