



CACFP Adult Meal Patterns

	Adult Meal Pattern
Breakfast (3 components with 4 servings)	
Milk —must be fluid milk (Fat-free or 1%)	1 cup
Vegetable or fruit or 100% fruit juice	1/2 cup
Grains/Breads —must be enriched or whole grain Bread OR, Cornbread or biscuit or roll or muffin OR, Cold dry cereal OR, Hot cooked cereal OR, Cooked pasta or noodles or grains	2 slices 2 servings 1 1/2 cup (2 oz) 1 cup 1 cup
Lunch (4 components with 6 servings) or Supper (4 components with 5 servings—Milk not required)	
Milk —must be fluid milk (Fat-free or 1%)	1 cup (not required for supper)
Meat/Meat alternate Lean meat, poultry, or fish without bone OR, Alternate protein product OR, Cheese OR, Egg (large) OR, Cooked dry beans or peas OR, Peanut butter or other nut or seed butters OR, Nuts and/or seeds OR, Yogurt, plain or sweetened	2 oz 2 oz 2 oz 1 egg 1/2 cup 4 tbsp 1 oz 8 oz
Vegetable or fruit or 100% fruit juice —serve two different vegetables and/or fruits to equal	1 cup total
Grains/Breads —must be enriched or whole grain Bread OR, Cornbread or biscuit or roll or muffin OR, Cold dry cereal OR, Hot cooked cereal OR, Cooked pasta or noodles or grains	2 slices 2 servings 1 1/2 cups 1 cup 1 cup
Snack 4 components - select 2 different components for a reimbursable meal	
Milk —must be fluid milk (Fat-free or 1%)	1 cup
Vegetable or fruit or 100% fruit juice	1/2 cup
Grains/Breads —must be enriched or whole grain Bread OR, Cornbread or biscuit or roll or muffin OR, Cold dry cereal OR, Hot cooked cereal OR, Pasta or noodles or grains	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup
Meat/Meat alternate Lean meat, poultry, or fish OR, Alternate protein product OR, Cheese OR, Egg OR, Cooked dry beans or peas OR, Peanut or other nut or seed butters OR, Nuts and/or seeds Or, Yogurt, plain or sweetened	1 oz 1 oz 1 oz 1/2 egg 1/4 cup 2 tbsp 1 oz 4 oz

Adult Meal Pattern Important Reminders

- Milk must be fat-free (skim) or lowfat (1%). Milk substitutes (such as soy milk) must be *nutritionally equivalent to cow's milk* to be reimbursable.
Go to <http://www.nutritionnc.com/snp/resource.htm> and click on "Guides," then "Non-dairy tool" to see if the non-dairy beverage is nutritionally equivalent to cow's milk.
- Fruit and vegetable juice must be full strength. Juice cannot be served when milk is the only other snack component during a snack meal.
- Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.
- A serving consists of the edible portion of cooked lean meat or poultry or fish.
- Yogurt may be plain or flavored, or unsweetened or sweetened.

Offer vs. Serve Provision in Adult Day Care

Offer versus Serve is a provision to be implemented at the discretion of the Sponsoring Organization or Adult Day Care Center. The intent is to reduce plate waste by allowing participants to choose only those foods they wish to consume. If a center chooses Offer versus Serve, **all** of the servings of the food components must be offered. Participants may decline a certain number of servings at the time of meal service. The option is outlined below.

Breakfast: Participants permitted to decline one of the four items offered (Fluid milk, 2 Bread/Bread Alternate, Fruit/Vegetable or Full-strength juice).

Lunch: Participants permitted to decline two of the six items offered (Fluid milk, 2 Bread/Bread Alternate, 2 Fruit/Vegetable or Full-strength juice, Meat/Meat Alternate).

Supper: Participants permitted to decline two of the five items offered (2 Bread/Bread Alternate, 2 Fruit/Vegetable or Full-strength juice, Meat/Meat Alternate).

Snack: Offer vs. Serve not permitted. Participants must be served two components in appropriate portion sizes for a reimbursable snack. (May not serve Fluid milk and Full-strength juice in the same snack).