

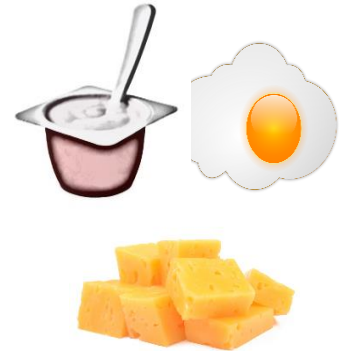
## CACFP Menu Option: Substitute Meat/Meat Alternate for Grains at Breakfast ADULT MEAL PATTERN

Meat and meat alternates may be served in place of the grains component at breakfast a maximum of **three times per week**

### 2 GRAINS AT BREAKFAST\* =

- 8 OUNCES YOGURT
- 1 EGG
- 2 OUNCES CHEESE
- ½ CUP BEANS
- 2 OUNCES MEAT OR TOFU

\*Please note that these are minimum serving sizes – larger portions may be offered to meet caloric needs of adult participants



When serving a meat/meat alternate in place of the grains component at breakfast, **one ounce of meat/meat alternate is equal to one serving of grains or one ounce equivalent of grains**

### SAMPLE ADULT BREAKFAST MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Component</b>					
<b>Milk</b>	8 oz 1% milk	8 oz 1% milk	8 oz 1% milk	8 oz 1% milk	8 oz 1% milk
<b>Vegetable and/or fruit</b>	Fresh melon	½ cup sliced apples	½ cup orange slices	½ banana	½ cup blueberries
<b>Grains (or meat/meat alternate substitute)</b>	<b>1 large egg</b>	<b>2 ounces Cheddar cheese</b>	1 cup oatmeal	2 slices whole wheat toast	<b>8 ounces vanilla yogurt</b>

Source: Source:

<http://nutritionnc.com/snp/pdf/QuestionsandAnswersontheUpdatedMealPatternRequirementsfortheCACFP.pdf>