



ADULT MEAL PATTERN

| Breakfast (Select all three components for a reimbursable meal) | |
|---|--------------------|
| Food Components and Food Items ¹ | Minimum Quantities |
| Fluid Milk² | 8 fluid ounces |
| Vegetables, fruits, or portions of both³ | ½ cup |
| Grains (oz eq)^{4,5,6} | |
| Whole grain-rich or enriched bread | 2 slices |
| Whole grain-rich or enriched bread product, such as biscuit, roll or muffin | 2 servings |
| Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta | 1 cup |
| Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{7,8} | |
| Flakes or rounds | 2 cups |
| Puffed cereal | 2 ½ cups |
| Granola | ½ cup |

¹ Must serve all three components for a reimbursable meal. Offer versus serve is an option for only adult and at-risk afterschool participants.

² Must be unflavored low-fat (1 percent), 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 ¾ 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 a 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. Grain-based desserts do not count towards meeting the grains requirement.

⁵ Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

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

⁸ Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; ¾ cup for children 6-12; and 1 ½ cups for adults.

ADULT MEAL PATTERN

| Lunch and Supper (Select all five components for a reimbursable meal) | |
|--|--------------------|
| Food Components and Food Items ¹ | Minimum Quantities |
| Fluid Milk ^{2,3} | 8 fluid ounces |
| Meat/meat alternates | |
| Lean meat, poultry, or fish | 2 ounces |
| Tofu, soy product, or alternate protein product ⁴ | 2 ounces |
| Cheese | 2 ounces |
| Large egg | 1 |
| Cooked dry beans or peas | ½ cup |
| Peanut butter or soy nut butter or another nut or seed butter | 4 tbsp |
| Yogurt, plain or flavored, sweetened or unsweetened ⁵ | 8 ounces or 1 cup |
| The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish) | 1 ounce = 50% |
| Vegetables ⁶ | ½ cup |
| Fruits ^{6,7} | ½ cup |
| Grains (oz eq) ^{8,9} | |
| Whole grain-rich or enriched bread | 2 slices |
| Whole grain-rich or enriched bread product, such as biscuit, roll or muffin | 2 servings |
| Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta | 1 cup |

¹ Must serve all five components for a reimbursable meal. Offer versus serve is an option for only adult and at-risk participants.

² Must be unflavored low-fat (1 percent), 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 ¾ 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 a meat alternate in the same meal.

³ A serving of fluid milk is optional for suppers served to adult participants.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁸ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

⁹ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

¹⁰ 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).

ADULT MEAL PATTERN

| Snack | |
|---|--------------------|
| (Select two of the five components for a reimbursable meal) | |
| Food Components and Food Items ¹ | Minimum Quantities |
| Fluid Milk² | 8 fluid ounces |
| Meat/meat alternates | |
| Lean meat, poultry, or fish | 1 ounce |
| Tofu, soy product, or alternate protein product ³ | 1 ounce |
| Cheese | 1 ounce |
| Large egg | ½ |
| Cooked dry beans or peas | ¼ cup |
| Peanut butter or soy nut butter or another nut or seed butter | 2 tbsp |
| Yogurt, plain or flavored, sweetened or unsweetened ⁴ | 4 ounces or ½ cup |
| Peanuts, soy nuts, tree nuts, or seeds | 1 ounce |
| Vegetables⁵ | ½ cup |
| Fruits⁵ | ½ cup |
| Grains (oz eq)^{6,7} | |
| Whole grain-rich or enriched bread | 1 slice |
| Whole grain-rich or enriched bread product, such as biscuit, roll or muffin | 1 serving |
| Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta | ½ cup |
| Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9} | |
| Flakes or rounds | 1 cup |
| Puffed cereal | 1 ¼ cup |
| Granola | ¼ cup |

¹ Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

² Must be unflavored low-fat (1 percent), 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 ¾ 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 a meat alternate in the same meal.

³ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁶ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁷ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁸ 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 Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; ¾ cup for children 6-12; and 1 ½ cups for adults.