

ADULT CARE MEAL PATTERN

BREAKFAST FOOD COMPONENTS Serve All Three Components for a Reimbursable Meal		Adult Participants
Milk¹	Milk, fluid ¹	1 cup (8 fl oz)
Vegetables/ Fruits²	Vegetable(s) and/or fruit(s) or Full strength vegetable or fruit juice ² , or An equivalent quantity of any combination of vegetable(s), fruit(s) and juice ²	1/2 cup 1/2 cup
Grains/Breads^{3,4,5}	Bread ³ , or Cornbread, biscuits, rolls, muffins, etc. ³ , or Cold dry cereal ^{3,5} , or Cooked cereal ³ , or Cooked pasta or noodle products ³ , or Cooked cereal grains ³ , or An equivalent quantity of any combination of Grains/Breads	2 slices (servings) ⁴ 2 servings 1 1/2 cup or 2 oz ⁵ 1 cup 1 cup 1 cup
Offer versus Serve	Participant may decline one of four food items.	
<p>¹ Fluid milk served must be fat-free (skim) or low-fat (1%).</p> <p>² Fruit or vegetable juice must be full-strength. You may serve an equivalent quantity of any combination of vegetable(s) or fruit(s), and juice.</p> <p>³ Bread, pasta or noodle products, and cereal grains, must be whole-grain or enriched. Cornbread, biscuits, rolls, muffins, etc. must be made with whole grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.</p> <p>⁴ Slices (servings) is not a measurable unit. A measurable amount of each food item prepared must be entered on the Daily Meal Production Record. Examples of how to document a measurable amount for bread slices can be found on the instructions to the Daily Meal Production Record as well as in the Food Buying Guide.</p> <p>⁵ Either volume (cup) or weight (oz), whichever is less.</p>		

(See your Food Buying Guide for more details.)

Chart Revised by TDA FND – Feb 2013