

ADULT CARE MEAL PATTERN (cont.)

LUNCH or SUPPER FOOD COMPONENTS Serve All Four Components for a Reimbursable Meal		Adult Participants
Milk¹ <i>No milk required at supper.</i>	Milk, fluid ¹	1 cup (8 fl oz)
Vegetables/ Fruits² <i>MUST offer at least 2 different varieties at lunch & supper to total 1 cup.</i>	Vegetable(s) and/or fruit(s)	1 cup total
Grains/Breads^{3,4,5}	Bread ³ , or Cornbread, biscuits, rolls, muffins, etc. ³ , or Cooked pasta or noodle products ³ , or Cold dry cereal ^{3,5} , or Cooked cereal grains ³ , or An equivalent quantity of any combination of Grains/Breads	2 slices (servings) ⁴ 2 servings 1 cup 1 1/2 cups or 2 oz ⁵ 1 cup
Meat/ Meat Alternates^{6,7,8}	Lean meat or poultry or fish ⁶ , or Alternate protein products ⁷ , or Cheese, or Egg (large), or Cooked dry beans or peas, or Peanut butter or soynut butter, or other nut or seed butters, or Peanuts or soynuts or tree nuts or seeds ⁸ , or Yogurt - plain or flavored, or unsweetened or sweetened, or An equivalent quantity of any combination of the above Meat/Meat Alternates	2 oz 2 oz 2 oz 1 large egg 1/2 cup 4 Tbsp. 1 oz = 50% ⁸ 8 oz or 1 cup
Offer versus Serve	Participant may decline: two of six food items at <i>Lunch</i> ; and two of five food items at <i>Supper</i> .	

- ¹ Fluid milk served must be fat-free (skim) or low-fat (1%).
- ² Serve two or more kinds of vegetable(s) and/or fruit(s) to total 1 cup. Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.
- 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.
- 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.
- ⁵ Either volume (cup) or weight (oz), whichever is less.
- ⁶ A serving consists of the edible portion of cooked lean meat or poultry or fish.
- ⁷ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 226.
- ⁸ Nuts and seeds may meet only one-half of the total Meat/Meat Alternate serving and must be combined with another Meat/Meat Alternate to fulfill the lunch or supper requirement. 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry, or fish.

(See your Food Buying Guide for more details.)

Chart Revised by TDA FND – Feb 2013