Child and Adult Care Food Program

FOOD CHART

Meal Pattern Requirements for Adults

BREAKFAST

Fluid milk	1 cup
Juice or fruit or vegetable	1/2 cup
Grain/bread	
1 serving = 1 slice	2 slices (or 2 servings)
or cold dry cereal	1 1/2 cup (or 2 oz.)
1 serving = 3/4 cup or 1 ounce	1 cup
or cooked cereal 1 serving = 1/2 cup	

SNACK

Select two of the following four components.
Juice or yogurt may not be served when milk is served as the only other component.

Fluid milk	1 cup
Juice or fruit or vegetable	1/2 cup
Meat or meat alternate	1 oz.
or yogurt	4 oz. (or 1/2 cup)
Grain/bread	1 slice (or 1 serving)

LUNCH/SUPPER

Fluid milk (lunch only, not required at supper)	1 cup
Meat or poultry or fish or meat alternate	2 oz.
or cheese	2 oz.
or cottage cheese, cheese food or cheese spread	4 oz.
or egg	1 egg
or cooked dry beans or peas	1/2 cup
or peanut butter, soy nut butter or nut or seed butters	1 oz. = 50%
or yogurt	8 oz. (or 1 cup)
or an equivalent quantity of any combination of the above meat/meat alternates	
Vegetables and/or fruit (2 or more)	1 cup (total)
Grain/bread	2 slices (or 2 servings)
1 serving = 1 slice	

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Produced by the Utah State Office of Education
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