



ADULT MEAL PATTERN



Breakfast		Grain revised June 2021
(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 oz equiv	
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	2 oz equiv	
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	2 oz eqiv/1 cup	
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{7,8}	2 oz equiv	
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 adult participants.

² Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk. Six 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 21.2 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 1 ½ cups for adults.

ADULT MEAL PATTERN



Lunch and Supper		Grain Revised June 2021
(Select all five components for a reimbursable meal)		
Food Components and Food Items¹	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%	
Vegetables⁶	½ cup	
Fruits^{6,7}	½ cup	
Grains (oz eq)^{8,9}		
Whole grain-rich or enriched bread	2 oz equiv	
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	2 oz equiv	
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	2 oz equiv/1 cup	

¹ Must serve all five components for a reimbursable meal. Offer versus serve is an option for adult participants.

² Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk. Six 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 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

ADULT MEAL PATTERN



Snack		Grain Revised June 2021
(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 oz equiv	
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	1 oz equiv	
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	1 oz equiv/½ cup	
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}	1 oz equiv	
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. Six 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 21.2 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 1 ½ cups for adults.