

Adult Care Food Program Adult Meal Pattern

Food Components	Breakfast	Lunch	Supper	Snack*
<u>MILK, Fluid</u> ¹	1 cup	1 cup	Optional	1 cup
<u>VEGETABLE(S) AND/OR FRUIT(S)</u> ² Vegetables and/or Fruit OR "Full-Strength" Vegetable or Fruit Juice OR an equivalent combination of Vegetable(s), Fruit(s), and Juice	One ½ cup (juice no more than 3X week)	Two ½ cups (½ cup must be vegetable)	Two ½ cups (½ cup must be vegetable)	½ cup
<u>GRAIN/BREAD</u> ³ Serving Size depends on type of grain served. See GRAINS/BREADS in <u>Food Buying Guide</u>.	Must offer a total of <u>TWO servings</u> of bread or grain alternate at breakfast, lunch & supper. For example: Two slices of toast OR ½ cup pasta with one slice of bread.			
Group A: Crackers, pretzels...	0.7 oz.	0.7 oz.	0.7 oz.	0.7 oz.
Group B: Breads, bagels, biscuits...	0.9 oz.	0.9 oz.	0.9 oz.	0.9 oz.
Group C: Cornbread, pancakes, waffles...	1.1 oz.	1.1 oz.	1.1 oz.	1.1 oz.
Group D: Granola bars, muffins, sweet rolls...	1.8 oz.	1.8 oz.	1.8 oz.	1.8 oz.
Group E: Cookies, French toast...	2.2 oz.	2.2 oz.	2.2 oz.	2.2 oz.
Group F: Coffee cake...	2.7 oz.	2.7 oz.	2.7 oz.	2.7 oz.
Group G: Brownies...	4 oz.	4 oz.	4 oz.	4 oz.
Group H: Cooked cereal, pasta, rice...	½ cup cooked	½ cup cooked	½ cup cooked	½ cup cooked
Group I: Cold, dry cereal	¾ cup or 1 oz.	¾ cup or 1 oz.	¾ cup or 1 oz.	¾ cup or 1 oz.
<u>MEAT & MEAT ALTERNATES</u> Lean meat or poultry or fish or alternate protein products ^{4, 5} OR Cheese OR Eggs OR Cooked dry beans or peas OR Peanut butter or soy nut butter or other nut or seed butters OR Peanuts or soy nuts or tree nuts or seeds ⁶ OR Yogurt, plain or sweetened and flavored	Optional, none required	2 oz. 2 oz. 1 egg ½ cup 4 tbsp. 1 oz.= 50% 8 oz. or 1 cup	2 oz. 2 oz. 1 egg ½ cup 4 tbsp. 1 oz.= 50% 8 oz. or 1 cup	1 oz. 1 oz. ½ egg 1/3 cup 2 tbsp. 1 oz. 4 oz. or ½ cup
<u>OFFER versus SERVE</u> Participant may decline:	One of four food items	Two of six food items	Two of five food items	*Center must serve two of the four components

¹ Milk must be fat-free or low-fat milk, fat-free or low-fat lactose reduced milk, fat-free or low-fat lactose free milk, fat-free or low-fat buttermilk, or fat-free or low-fat acidified milk. Milk served must be pasteurized fluid milk that meets State and local standards, and may be flavored or unflavored.

² Serve two or more kinds of fruits and/or vegetables. Full strength vegetable or fruit juice may be counted to meet no more than one half of this requirement for lunch and supper.

³ Grains/breads may be whole grain or enriched, made from whole-grain or enriched flour or meal, which may include bran and/or germ. Cereal must be whole-grain, enriched or fortified. For all other products, consult Exhibit A of the Food Crediting Guide.

⁴ A serving consists of the edible portion of cooked lean meat, poultry, or fish.

⁵ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 226. Contact the State Agency for assistance in the use of these products.

⁶ For lunch and supper, no more than 50% of the requirement may be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternative to meet the requirement. For crediting purposes 1 oz. of nuts or seeds = 1 oz. of cooked lean meat, poultry or fish.

Use the USDA Food Buying Guide and Food Crediting Guide when planning Adult Care Food Program meals and verifying menus.

Rev. Adult Meal Pattern 11.20.12

USDA Food Buying Guide

<http://teamnutrition.usda.gov/resources/foodbuyingguide.html>



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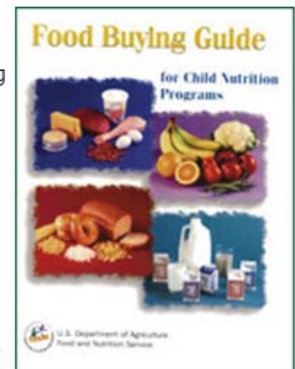
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Food Buying Guide for Child Nutrition Programs

NEW The Food Buying Guide is being updated in phases to include resources for the new Nutrition Standards for School Meals. The following changes have been issued or are in progress:

- Separation of Vegetables and Fruits Section
- Meat/Meat Alternates Section (under construction)
- Milk Section (under construction)
- Grains Section (under construction)
- Appendix A Recipe Analysis (under construction)

For up-to-date information, please refer to the [Nutrition Standards for School Meals](#) site.



The [Food Buying Guide](#) is online. Use it when creating / checking menus to see reimbursable foods.

Download PDF:

- [Revised Sections for School Meal Programs](#) **NEW**
- [Food Buying Guide Replacement Pages](#)
- [Cover](#)
- [Introduction](#)
- [Meat/Meat Alternates](#) - Contains more specific cuts, game meats, cooked ham and the Institutional Meat Purchase Specification (IMPS) number for certain items.
- [Vegetables/Fruits](#) - Contains many ready-to-use items and new items such as kiwi, star fruit and yucca.
- [Grains/Breads](#) - Contains a worksheet to calculate grams of flour, new classifications based on the grains/bread instruction, and information on how to determine if a product is creditable.
- [Milk](#) - Contains a more complete list of fluid milk available and their updated product names.
- [Other Foods](#) - Contains additional items.
- [Appendix A](#) Recipe Analysis
- [Appendix B](#) Using Column 6 for Recipe Analysis
- [Appendix C](#) The USDA Child Nutrition Labeling Program
- [Appendix D](#) Food Purchasing: A Summary of First Choice and Choice Plus
- [Appendix E](#) Resources -Quick Website and Phone Number Reference Guide
- [Index of Foods](#)

