

## MEAL PATTERN FOR ADULTS

Food Components	Breakfast	Lunch	Supper	Snack *
<b>Milk</b> Milk, Fluid	1 cup	1 cup	None	1 cup
<b>Fruit/Vegetable</b> Fruit and or/vegetable	½ cup			
Juice	½ cup	1 cup	1 cup total	½ cup
<b>Bread and Bread Alternates</b> Bread or	2 slices	2 slices	2 slices	1 slice
Cornbread or biscuit of roll or muffin or	2 servings	2 servings	2 servings	1 serving
Cold dry cereal or	1 ½ cups	1 ½ cups	1 ½ cups	¾ cup
Hot cooked cereal or	1 cup	1 cup	1 cup	½ cup
Pasta or noodles or grains	1 cup	1 cup	1 cup	½ cup
<b>Meat and Meat Alternates</b> Meat or poultry or fish or		2 ounces	2 ounces	1 ounce
Alternate protein product or		2 ounces	2 ounces	1 ounce
Cheese or		2 ounces	2 ounces	1 ounce
Egg or		1 egg	1 egg	½ egg
Cooked dry beans or peas or		½ cup	½ cup	¼cup
Peanut or other nut or seed butter or		4 Tbsp.	4 Tbsp.	2 Tbsp.
Nuts and/or seeds or		1 ounce	1 ounce	1 ounce
Yogurt		8 ounces	8 ounces	4 ounces

- Fruit or vegetable juice must be full-strength.
- Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole grain or enriched or fortified.
- A serving consists of the edible portion of cooked lean meat or poultry or fish.
- 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 requirement.
- Yogurt may be plain or flavored, unsweetened or sweetened.