

Ohio Child and Adult Care Food Program – Adult Meal Pattern

Food for Adult Participants	Serving Size	Number of Servings Required	Offer versus Serve Menus must be planned to provide all of the required servings of meal components at each meal.
Breakfast Milk, Fluid** Fruit or Vegetable or full-strength juice Bread or Bread Alternate Bread Cornbread, biscuit, muffins, rolls, etc. Cold or dry cereal Cooked cereal, pasta, noodles, or grains	1 cup ½ cup 1 slice 1 ¾ cup ½ cup	1 1 2 2 2 2	Offer versus Serve Breakfast: Adults may decline one of the four food servings required for breakfast. (A participant may decline one serving of milk, one serving of fruit or vegetable, or one of the two servings of bread or bread alternate or any other combination).
Lunch and Supper Milk, Fluid** Fruit or Vegetable or full-strength juice Serve two or more vegetables or fruits for a total of 1 cup from this group. Bread or Bread Alternate (Serve two or more) Bread Cornbread, biscuits, muffins, rolls, etc. Cooked pasta, noodles, or grains Meat or Meat Alternates Lean meat, poultry, fish, cheese or alternate Protein product Eggs Cooked dry peas or beans Peanut butter Yogurt	1 cup ½ cup 1 slice 1 ½ cup 2 oz. 1 ½ cup 4 T 8 oz.	1 for lunch, 0 for supper 1 2 2 2 1 1 1 1 1 1	Offer versus Serve Lunch: Adults may decline two of the six food servings required for lunch. (A participant may decline one serving of milk, one of two servings of fruit or vegetable, one of two servings of bread or bread alternate, and one serving of meat or meat alternate or any other combination). Offer versus Serve Supper: Adults may decline two of the five food items required for supper. (A participant may decline one of two servings of fruit or vegetable, one of two servings of bread or bread alternate, and one serving of meat or meat alternate or any other combination).
Snacks Milk, Fluid** Fruit or Vegetable or full-strength juice Bread or Bread Alternate Bread Cornbread, biscuits, muffins, rolls, etc. Cold dry cereal Cooked cereal, pasta, noodles, or grains Meat or Meat Alternates Lean meat, poultry, fish, cheese or alternate protein product Eggs Cooked dry peas or beans Peanut butter or other nut or seed butter Nuts and/or seeds Yogurt	1 cup ½ cup 1 slice 1 serving ¾ cup ½ cup 1 oz. 1 ¼ cup 2 T 1 oz. 4 oz.	Serve food from two different food groups	Offer versus Serve is NOT available at Snack Supplement. ** Yogurt (8 oz.) may be substituted to meet the milk requirement at any meal or snack. However, one meal or snack each day must contain fluid milk. It is not necessary that the fluid milk be served at a CACFP reimbursed meal. The fluid milk may be served at any meal during the day, as long as the center can document that the milk was served. Yogurt can also be substituted for the meat requirement. However, yogurt may not be substituted for both milk and meat in a single meal.