

# Adult Meal Pattern Planning Worksheet

United States Department of Agriculture

Child and Adult Care Food Program

Child and Adult Care Food Program Meal Patterns  
Amounts and Types of Foods To Be Served to Adults

Food Components	Breakfast	Lunch	Supper	Supplement*
Milk, fluid	1 cup	1 cup	None required optional	1 cup
Vegetable(s) and/or Fruit(s)	½ cup	1 cup total (two or more servings)	1 cup total (two or more servings)	½ cup
<b>Bread or Bread Alternates</b> Bread or cornbread, biscuits, rolls, muffins, etc. or cold, dry cereal	2 slices 2 servings	2 slices 2 servings	2 slices 2 servings	1 slice 1 serving
cooked cereal or cooked pasta or noodle products or cooked cereal grains or an equivalent quantity of any combination of bread/bread alternate	1 ½ cups or 2 oz. 1 cup	1 cup 1 cup 1 cup	1 cup 1 cup 1 cup	½ cup or 1 oz. ½ cup ½ cup ½ cup
<b>Meat or Meat Alternates</b> lean meat or poultry or fish or cheese or egg (large) or cooked, dried beans or peas or peanut butter or soy nut butter or tree nut or seed butters or peanuts or soy nuts or tree nuts or seeds or yogurt	optional, none required	2 oz. 2 oz. 1 egg ½ cup 4 Tbsp.  1 oz = 50% 8 oz. or 1cup	2 oz. 2 oz. 1 egg ½ cup 4 Tbsp.  1 oz = 50% 8 oz. or 1cup	1 oz. 1 oz. ½ egg ¼ cup 2 Tbsp.  1 oz. 4 oz. or ½ cup

\*For a supplement (snack) choose two of the four food components to meet requirements, more components may be served.

Meal Pattern — Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
1% Milk					
Bread/Bread Alternate					
Bread/Bread Alternate					
Fruit/Vegetable					
Vegetable/Fruit					
Meat/Meat Alternate					

Meal Pattern — Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
1% Milk					
Bread/Bread Alternate					
Bread/Bread Alternate					
Fruit/Vegetable					
Vegetable/Fruit					
Meat/Meat Alternate					

Meal Pattern — Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
1% Milk					
Bread/Bread Alternate					
Bread/Bread Alternate					
Fruit/Vegetable					
Vegetable/Fruit					
Meat/Meat Alternate					

Meal Pattern — Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
1% Milk					
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