

ADULT CARE MEAL PATTERN (cont.)

SNACKS		Adult Participants
Select Two of the Four Components		
Milk¹	Milk, fluid ¹	1 cup (8 fl oz)
Vegetables/ Fruits²	Vegetable(s) and/or fruit(s), or Full strength vegetable or fruit juice ² , or An equivalent quantity of any combination of vegetable(s), fruit(s) and juice ²	1/2 cup 1/2 cup
Grains/Breads^{3,4,5}	Bread ³ , or Cornbread, biscuits, rolls, muffins, etc. ³ , or Cold dry cereal ^{3,5} , or Cooked cereal ³ , or Cooked pasta or noodle products ³ , or Cooked cereal grains ³ , or An equivalent quantity of any combination of Grains/Breads	1 slice (serving) ⁴ 1 serving 3/4 cup or 1 oz ⁵ 1/2 cup 1/2 cup 1/2 cup
Meat/ Meat Alternates^{6,7,8}	Lean meat or poultry or fish ⁶ , or Alternate protein products ⁷ , or Cheese, or Egg (large), or Cooked dry beans or peas, or Peanut butter or soynut butter, or other nut or seed butters, or Peanuts or soynuts or tree nuts or seeds ⁸ , or Yogurt - plain or flavored, unsweetened or sweetened, or An equivalent quantity of any combination of the above Meat/Meat Alternates	1 oz 1 oz 1 oz 1/2 large egg 1/4 cup 2 Tbsp. 1 oz = 50% ⁸ 4 oz or 1/2 cup
<p>¹ Fluid milk served must be fat-free (skim) or low-fat (1%).</p> <p>² Fruit or vegetable juice must be full-strength. You may serve an equivalent quantity of any combination of vegetable(s) or fruit(s), and juice.</p> <p>³ Bread, pasta or noodle products, and cereal grains, must be whole-grain or enriched. Cornbread, biscuits, rolls, muffins, etc. must be made with whole grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.</p> <p>⁴ Slices (servings) is not a measurable unit. A measurable amount of each food item prepared must be entered on the Daily Meal Production Record. Examples of how to document a measurable amount for bread slices can be found on the instructions to the Daily Meal Production Record as well as in the Food Buying Guide.</p> <p>⁵ Either volume (cup) or weight (oz), whichever is less.</p> <p>⁶ A serving consists of the edible portion of cooked lean meat or poultry or fish.</p> <p>⁷ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 226.</p> <p>⁸ 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 or supper requirement. 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry, or fish.</p>		