

Date _____

Meal Pattern	Menu	Minimum Serving Size for Adults	# to be Served	Food Items Used You must be specific when listing items	Amounts Used	Number Served
BREAKFAST 1. Fluid Milk 2. Vegetable, and/or Fruit or Full-Strength Juice 3. Bread or Bread Alternate *Cereal Cold dry or Hot cooked		1 cup (8 ounces) 1/2 cup 2 slices (or 2 servings the equivalent quantity of 2) 1 1/2 cups (or 2 ounces) 1 cup (1 of the 4 food items may be declined)		1. _____ 2. _____ 3. (1) _____ (2) _____	_____ _____ _____ _____	Adults _____
LUNCH/DINNER 1. Fluid Milk 2. Meat/Meat Alternate 3. Vegetable and/or Fruit (2 or More) 4. Bread or Bread Alternate		1 cup (8 ounces) 2 ounces or 1 large egg or 1/2 cup beans, 4 tbsp. peanut butter or 1 cup yogurt 1 cup 2 slices (or 2 servings the equivalent quantity of 2) (2 of the 6 food items may be declined)		1. _____ 2. _____ 3. (1) _____ (2) _____ 4. (1) _____ (2) _____	_____ _____ _____ _____ _____ _____	Adults _____
Snack* (supplement) 1. Fluid Milk 2. Meat/Meat Alternate 3. Vegetable and/or Fruit or Full-Strength Juice 4. Bread or Bread Alternate *Cereal Cold dry or Hot cooked		1 cup (8 ounces) 1 ounce 1/2 cup 1 slice (1 ounce) 3/4 cup (or 1 ounce) 1/2 cup		1. _____ 2. _____	_____ _____	Adults _____

***Snack (Supplement) - Select 2 of the 4 components. Juice may not be served when milk is served as the only other component.**

Adult "OFFER VERSUS SERVE" Option: All adult centers shall offer all participants the required components however adult participants may be permitted to decline some components as noted above.