

ATTACHMENT D: MINIMUM FOOD SPECIFICATIONS

Meal Pattern	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 ^a	Grades 6-8 ^a	Grades 9-12 ^a	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food^b Per Week (Minimum Per Day)					
Fruits (cups) ^{c,d}	5 (1) ^e	5 (1) ^e	5 (1) ^e	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^{c,d}	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark green ^f	0	0	0	½	½	½
Red/orange ^f	0	0	0	¾	¾	1¼
Beans/peas (legumes) ^f	0	0	0	½	½	½
Starchy ^f	0	0	0	½	½	½
Other ^{f,g}	0	0	0	½	½	¾
Additional vegetable to reach total ^h	0	0	0	1	1	1½
Grains (oz eq) ⁱ	7-10 (1) ^j	8-10 (1) ^j	9-10 (1) ^j	8-9 (1)	8-10 (1)	10-12 (2)
Meats/meat alternates (oz eq)	0 ^k	0 ^k	0 ^k	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^l	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal) ^{m,n,o}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) ^{n,o}	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) ^{n,p}	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat ^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.					

- ^a In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).
- ^b Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ¼ cup.
- ^c One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100 percent full-strength.
- ^d For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii).
- ^e The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).
- ^f Larger amounts of these vegetables may be served.
- ^g This category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).
- ^h Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
- ⁱ At least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).
- ^j In the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).
- ^k There is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz eq of meat/meat alternate for 1 oz eq of grains after the minimum daily grains requirement is met.
- ^l Fluid milk must be low fat (1 percent milk fat or less, unflavored) or fat free (unflavored or flavored).
- ^m The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).
- ⁿ Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.
- ^o In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).
- ^p Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfasts.

Attachment D (continued): MINIMUM FOOD SPECIFICATIONS

Summer Food Service Program Meal Pattern

Food Components	Breakfast	Lunch or Supper	Snack¹ (Choose two of the four)
Milk			
• Milk, fluid	1 cup (8 fl oz) ²	1 cup (8 fl oz) ³	1 cup (8 fl oz) ²
Vegetables and/or Fruits			
• Vegetable(s) and/or fruit(s), or full-strength vegetable or fruit juice	½ cup	¾ cup total ⁴	¾ cup
• An equivalent quantity of any combination of vegetables(s), fruit(s), and juice	½ cup (4 fl oz)		¾ cup (6 fl oz)
Grains and Breads⁵			
• Bread	1 slice	1 slice	1 slice
• Cornbread, biscuits, rolls, muffins, etc.	1 serving	1 serving	1 serving
• Cold dry cereal	¾ cup or 1 oz ⁶		¾ cup or 1 oz ⁶
• Cooked pasta or noodle product	½ cup	½ cup	½ cup
• Cooked cereal or cereal grains or anequivalent quantity of any combination of grains/breads	½ cup	½ cup	½ cup
Meat and Meat Alternates (Optional)			
• Lean meat or poultry or fish or alternate protein product ⁷	1 oz	2 oz	1 oz
• Cheese	1 oz	2 oz	1 oz
• Eggs	½ large egg	1 large egg	½ large egg
• Cooked dry beans or peas	¼ cup	½ cup	¼ cup
• Peanut butter or soynut butter or other nut or seed butters	2 tbsp	4 tbsp	2 tbsp
• Peanuts or soynuts or tree nuts or seeds, or yogurt, plain or sweetened and flavored	1 oz	1 oz= 50% ⁸	1 oz
• An equivalent quantity of any combination of the above meat/meat alternates	4 oz or ½ cup	8 oz or 1 cup	4 oz or ½ cup

For the purpose of this table, a cup means a standard measuring cup.

- ¹ Serve two food items. Each food item must be from a different food component. Juice may not be served when milk is served as the only other component.
- ² Shall be served as a beverage, or on cereal, or use part of it for each purpose.
- ³ Shall be served as a beverage.
- ⁴ Serve two or more kinds of vegetable(s) and or fruit(s) or a combination of both. Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.
- ⁵ All grain/bread items must be enriched or whole grain, made from enriched or whole-grain meal or flour, or if it is a cereal, the product must be whole-grain, enriched or fortified. Bran and germ are credited the same as enriched or whole grain meal or flour.
- ⁶ Either volume (cup) or weight (oz) whichever is less.
- ⁷ Must meet the requirements in Appendix A of the SFSP regulations.
- ⁸ No more than 50 percent of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. When determining combinations, 1 oz of nuts or seeds is equal to 1 oz of cooked lean meat, poultry, or fish.

CACFP Meal Pattern Requirements—Children (Age 1 through 12)
EFFECTIVE THROUGH SEPTEMBER 30, 2017

The meal must contain, at a minimum, each of the components listed in at least the amounts indicated for the specific age group in order to qualify for reimbursement.

	Age 1 and 2	Age 3 through 5	Age 6 through 12 ¹
BREAKFAST			
1. Milk, fluid ^d	1/2 cup	3/4 cup	1 cup
2. Juice ^e , fruit, or vegetable or Fruit(s) or vegetable(s)	1/4 cup	1/2 cup	1/2 cup
3. Grains/Breads ^b :			
Bread	1/2 slice	1/2 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc. ^b	1/2 serving	1/2 serving	1 serving
Cereal:			
Cold dry	1/4 cup or 1/3 oz ^c	1/3 cup or 1/2 oz ^c	3/4 cup or 1 oz ^c
Hot cooked	1/4 cup total	1/4 cup	1/2 cup
Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup
LUNCH OR SUPPER			
1. Milk, fluid	1/2 cup	3/4 cup	1 cup
2. Meat or meat alternate:			
Meat, poultry, fish, cheese	1 oz	1+1/2 oz	2 oz
Alternate protein products ^g	1 oz	1+1/2 oz	2 oz
Yogurt, plain or flavored, unsweetened or sweetened	4 oz or 1/2 cup	6 oz or 3/4 cup	8 oz or 1 cup
Egg	1/2 egg	3/4 egg	1 egg
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup
Peanut butter or other nut or seed butter	2 Tbsp	3 Tbsp.	4 Tbsp
Peanuts or soynuts or tree nuts or seeds	1/2 oz = 50% ^d	3/4 oz = 50% ^d	1 oz = 50% ^d
3. Vegetable and/or fruit ^e (at least two)	1/4 cup total	1/2 cup total	3/4 cup total
4. Grains/Breads ^b :			
Bread	1/2 slice	1/2 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc. ^b	1/2 serving	1/2 serving	1 serving
Cereal, hot cooked	1/4 cup total	1/4 cup	1/2 cup
Cereal, cold, dry	1/4 cup or 1/3 oz ^c	1/3 cup or 1/2 oz ^c	3/4 cup or 1 oz ^c
Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup
SNACK			
1. Select two of the following four components:			
2. Milk, fluid ^d	1/2 cup	1/2 cup	1 cup
Juice ^e ^f , fruit, or vegetable or Fruit(s) or vegetable(s)	1/2 cup	1/2 cup	3/4 cup
3. Grains/Breads ^b :			
Bread	1/2 slice	1/2 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc. ^b	1/2 serving	1/2 serving	1 serving
Cereal:			
Cold dry	1/4 Cup or 1/3 oz ^c	1/3 cup or 1/2 oz ^c	3/4 cup or 1 oz ^c
Hot cooked	1/4 cup	1/4 cup	1/2 cup
4. Meat or meat alternate			
Meat, poultry, fish, cheese	1/2 oz	1/2 oz	1 oz
Alternate protein products ^g	1/2 oz	1/2 oz	1 oz
Egg, large ^h	1/2 egg	1/2 egg	1/2 egg
Cooked dry beans or peas	1/8 Cup	1/8 cup	1/4 cup
Peanut butter or other nut or seed butter	1 Tbsp	1 Tbsp	2 Tbsp
Peanuts or soynuts or tree nuts or seeds	1/2 oz	1/2 oz	1 oz
Yogurt, plain or flavored, unsweetened or sweetened	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup

^a Must be full strength fruit or vegetable juice.

^b Bread, pasta or noodle products, and cereal grains shall be whole grain or enriched, cornbread, biscuits, rolls, muffins, etc., shall be made with whole grain or enriched meal or flour.

^c Either volume (cup) or weight (oz), whichever is less.

^d No more than 50 percent of the requirement shall be met with tree nuts or seeds. Tree nuts and seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 oz of nuts or seeds is equal to 1 oz of cooked lean meat, poultry or fish.

^e Serve 2 or more kinds of vegetable(s) and/or fruit(s). Full strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

^f Juice may not be served when milk is the only other component.

^g Alternate protein products may be used as acceptable meat alternates if they meet the requirements on the following page.

^h One-half egg meets the required minimum amount (one ounce or less) of meat alternate.

ⁱ Youth ages 13 through 18 must be served minimum or larger portion sizes than those specified for ages 6 through 12.

Fluid milk must be fat free (skim) or low fat (1 percent) milk for children 2 years and older

**Attachment D (continued): MINIMUM FOOD SPECIFICATIONS
 Infant Meal Pattern Requirements
 Child and Adult Care Food Program
 EFFECTIVE OCTOBER 1, 2017**

The Infant Meal Pattern is divided into two 6 month age groupings with appropriate meal guidelines for each group. Although the meal pattern specifies breakfast, lunch, supper and snack, this may not match each baby's feeding pattern. Infants seldom accept rigid feeding schedules and may need to eat every 2 to 4 hours. Infants should be fed when hungry, "on demand" or "on cue." All required components of the meal do not have to be served at the same time. As long as all the required food components are offered during a period of time that is considered the meal time, the meals may be claimed for reimbursement.

A range of food amounts is listed to allow flexibility, based on each infant's appetite. The amounts listed are the **minimum** you must serve to meet requirements except for breastmilk. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more. You may serve larger portions to infants who want more than the amounts in the meal pattern chart.

Solid foods should be introduced around six months when the infant is developmentally ready. Solid foods should be introduced one at a time with guidance from the infant's parents or guardians. Infants develop at different rates - meaning some infants may be ready to consume solid foods before 6 months of age and others may be ready after 6 months of age.

Breastmilk and/or iron-fortified infant formula must be served for the entire first year. Sponsors must offer to provide at least one reimbursable iron-fortified infant formula.

<i>Age of Baby</i>	<i>Breakfast</i>		
Birth through 5 months	4-6 fluid ounces (fl oz) breastmilk ¹ or formula ²	4-6 fl oz breastmilk ¹ or formula ²	4-6 fl oz breastmilk ¹ or formula ²
6 months through 11 months (until 1 st birthday)	6-8 fl oz breastmilk ¹ or formula ² ; and 0-4 Tablespoons (Tbsp) infant cereal ² meat, fish, poultry, whole egg, cooked dry beans, or cooked dry split peas; or 0-2 ounces (oz) cheese; or 0-4 oz (volume) cottage cheese; or 0-8 oz or 1 cup yogurt ³ ; or a combination of the above ⁴ ; and 0-2 Tbsp vegetable or fruit or a combination of both ^{4,5}	6-8 fl oz breastmilk ¹ or formula ² ; and 0-4 Tbsp infant cereal ² meat, fish, poultry, whole egg cooked dry beans, or cooked dry split peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-8 oz or 1 cup yogurt ³ ; or a combination of the above ⁴ ; and 0-2 Tbsp vegetable or fruit or a combination of both ^{4,5}	2-4 fl oz breastmilk ¹ or formula ² ; and 0-½ slice bread ^{4,6} ; or 0-2 crackers ^{4,6} ; or 0-4 Tbsp infant cereal ^{2,4} or ready-to-eat breakfast cereal ^{4,6,7} ; and 0-2 Tbsp vegetable or fruit or a combination of both ^{4,5}

¹ Breastmilk or formula, or portions of both must be served; it is recommended that breastmilk be served in place of formula from birth through 11 months.

² Infant formula and dry infant cereal must be iron fortified.

³ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁴ A serving of this component is required only when the infant is developmentally ready to accept it.

⁵ Fruit and vegetable juices are not allowed for infants.

⁶ Grains must be one of the following: whole grain-rich, enriched meal, or enriched flour.

⁷ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce. Beginning October 1, 2019, ounce equivalents will be used to determine the quantity of creditable grains.

Attachment D (continued): MINIMUM FOOD SPECIFICATIONS
CACFP Meals for Children 1 - 18 years
 Child and Adult Care Food Program
 EFFECTIVE OCTOBER 1, 2017

FOOD COMPONENTS AND FOOD ITEMS	Ages 12	Ages 35	Ages 612	Ages 1318 ¹³
BREAKFAST ¹				
Fluid Milk ²	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Vegetables, Fruits or portions of both ³	¼ cup	½ cup	½ cup	½ cup
Grains (oz eq) ^{5,6,7,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Bread product (such as biscuit, roll, muffin)	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified RTE breakfast cereal (dry, cold) ^{7,8}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1¼ cups	1¼ cups
Granola	⅞ cup	⅞ cup	¼ cup	¼ cup
SNACK ^{1,8} (Select 2 of the 5 components for a reimbursable snack)				
Fluid Milk ²	4 fl oz (½ cup)	4 fl oz (½ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat or Meat Alternate²				
Lean meat, poultry, or fish	½ oz	½ oz	1 oz	1 oz
Tofu	2.2 oz or ¼ c	3.3 oz or ⅜ c	4.4 oz or ½ c	4.4 oz or ½ c
Soy product, or alternate protein products ¹⁰	1 oz	1½ oz	2 oz	2 oz
Cheese	½ oz	½ oz	1 oz	1 oz
Large egg	½	½	½	½
Cooked dry beans/split peas	⅞ cup	⅞ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.	2 Tbsp.
Yogurt, plain or flavored, unsweetened or sweetened ¹¹	2 oz (¼ cup)	2 oz (¼ cup)	4 oz (½ cup)	4 oz (½ cup)
Peanuts soy nuts, tree nuts or seeds	½ oz	½ oz	1 oz	1 oz
Vegetables ³	½ cup	½ cup	¾ cup	¾ cup
Fruits ³	½ cup	½ cup	¾ cup	¾ cup
Grains (oz eq) ^{5,6,7}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Bread product (such as biscuit, roll, muffin)	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified RTE breakfast cereal (dry, cold) ^{7,8}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1¼ cups	1¼ cups
Granola	⅞ cup	⅞ cup	¼ cup	¼ cup
LUNCH OR SUPPER ^{1,12}				
Fluid Milk ²	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat or Meat Alternate				
Lean meat, poultry, or fish	1 oz	1½ oz	2 oz	2 oz
Tofu	2.2 oz or ¼ c	3.3 oz or ⅜ c	4.4 oz or ½ c	4.4 oz or ½ c
Soy product, or alternate protein products ¹⁰	1 oz	1½ oz	2 oz	2 oz
Cheese	1 oz	1½ oz	2 oz	2 oz
Large egg	½	¾	1	1
Cooked dry beans/split peas	¼ cup	⅜ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.	4 Tbsp.
Yogurt, plain or flavored, unsweetened or sweetened ¹¹	4 oz (½ cup)	6 oz (¾ cup)	8 oz (1 cup)	8 oz (1 cup)

Attachment D (continued): MINIMUM FOOD SPECIFICATIONS

Peanuts, soy nuts, tree nuts or seeds (may be used to meet no more than 50% of the requirement, or an equivalent quantity of any combination of meal/meat alternates) (1 oz nuts/seeds=1 oz cooked lean meat poultry, or fish)	½ oz = 50%	¾ oz = 50%	1 oz = 50%	1 oz = 50%
equivalent quantity of any combination of meat/meat alternates) (1 oz nuts/seeds = 1 oz cooked lean meat poultry, or fish)				
Vegetables ^{3,4}	⅙ cup	¼ cup	½ cup	½ cup
Fruits ^{3,13}	⅙ cup	¼ cup	¼ cup	¼ cup
Grains (oz eq) ^{5, 6, 7}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Bread product (such as biscuit, roll, muffin)	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

CACFP Meals for Children 1 - 18 years

- ¹Water must be available upon request to children throughout the day and at mealtimes. Water does not fulfill any meal component and must not replace any required food. Young children must be asked if they want water.
- ²Milk must be unflavored whole milk for children one year of age (12-23 months). Milk must be unflavored low-fat (1%) or unflavored fat-free (skim) for children two through five years of age. Milk must be unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for participants 6 years and older.
- ³ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement one time per day.
- ⁴ Lunch and supper must include one fruit and one vegetable **OR** two vegetables. When two vegetables are served two different kinds of vegetables must be served.
- ⁵At least one serving per day must be whole grain-rich across all eating occasions at each site. Grain-based desserts do not count towards meeting the grains component requirement.
- ⁶ Ounce equivalents will be used to determine the quantity of creditable grains by October 1, 2019.
- ⁷Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).
- ⁸ Only one of the two required components for snack may be a beverage.
- ⁹ Meat and meat alternates may be used to meet the entire grains component requirement a maximum of three times a week at breakfast. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.
- ¹⁰ Alternate protein products must meet 7CFR Part 226, Appendix A requirements. A CN label or product formulation statement is required to serve combination foods.
- ¹¹Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- ¹²All five components must be served for a reimbursable lunch and/or supper. Offer versus serve is an option only for at-risk afterschool participants.
- ¹³ Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs..

Abbreviations

- Tbsp. = Tablespoon
- cup = measuring cup (8 ounces)
- oz eq = ounce equivalent
- fl oz = fluid ounces
- RTE = ready-to-eat (cereals)

Attachment D (continued): MINIMUM FOOD SPECIFICATIONS CACFP Meals for Adults in Care

Child and Adult Care Food Program

EFFECTIVE OCTOBER 1, 2017

Food Components and Food Items	Breakfast	Lunch	Supper	Snack ¹
<p>It is recommended that water be available upon request for adult CACFP participants throughout the day and at mealtimes. Water does not fulfill any meal component and must not replace any required food.</p>	<p>Offer all three components for a reimbursable meal.</p> <p>The adult may decline 1 of 4 items.</p>	<p>Offer all five components for a reimbursable meal.</p> <p>The adult may decline 2 of 5 items.</p>	<p>Offer all four components for a reimbursable meal.</p> <p>The adult may decline 1 of 4 items.</p>	<p>Serve two of five components for a reimbursable meal.</p> <p>The adult must be served 2 components.</p>
Fluid Milk ^{2,3}	8 fl oz (1 cup)	8 fl oz (1 cup)	8 fl oz (1 cup) Optional	8 fl oz (1 cup)
Meat or Meat Alternate ⁴				
Lean meat, poultry, or fish		2 oz	2 oz	1 oz
Tofu		4.4 oz or ½ cup	4.4 oz or ½ cup	2.2 oz or ¼ cup
Soy product, or alternate protein products ⁵		2 oz	2 oz	1 oz
Cheese		2 oz	2 oz	1 oz
Large egg		1	1	½
Cooked dry beans/split peas		½ cup	½ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters		4 Tbsp	4 Tbsp	2 Tbsp
Yogurt, plain or flavored, unsweetened or sweetened ^{3,6}		8 oz or 1 cup	8 oz or 1 cup	4 oz or ½ cup
Peanuts, soy nuts, tree nuts or seeds ⁷		1 oz = 50%	1 oz = 50%	1 oz
Attachment D (continued): MINIMUM FOOD SPECIFICATIONS				
Food Components and Food Items	Breakfast	Lunch	Supper	Snack ¹
<p>It is recommended that water be available upon request for adult CACFP participants throughout the day and at mealtimes. Water does not fulfill any meal component and must not replace any required food.</p>	<p>Offer all three components for a reimbursable meal.</p> <p>The adult may decline 1 of 4 items.</p>	<p>Offer all five components for a reimbursable meal.</p> <p>The adult may decline 2 of 5 items.</p>	<p>Offer all four components for a reimbursable meal.</p> <p>The adult may decline 1 of 4 items.</p>	<p>Serve two of five components for a reimbursable meal.</p> <p>The adult must be served 2 components.</p>
	½ cup			

Vegetables, Fruits, or portions of both ⁸				
Vegetables ^{8,9}		½ cup	½ cup	½ cup
Fruits ^{8,9}		½ cup	½ cup	½ cup
Grains (oz eq) ^{4,10,11}				
Whole grain-rich or enriched bread	2 slices	2 slices	2 slices	1 slice
Bread product (such as biscuit, roll, muffin)	2 servings	2 servings	2 servings	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	1 cup	1 cup	1 cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{12,13}				
Flakes or rounds	2 cups			1 cup
Puffed cereal	2½ cups			1¼ cups
Granola	½ cup			¼ cup