

CHILD AND ADULT CARE FOOD PROGRAM AGREEMENT

SCHEDULE B--FOR ADULT FOOD PROGRAM PARTICIPANTS

MEAL PATTERNS

ADULT PARTICIPANTS

Breakfast (3 components are needed to meet USDA requirements; select one item from each group)

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| 1. Milk | 1 cup |
| 2. Juice or fruit or vegetables or an equivalent combination of juice or fruit or vegetables | 1/2 cup |
| 3. Bread or bread alternate | 2 slices |
| Cold dry cereal or | 2 servings |
| cooked cereal or | 1 1/2 cups or |
| cooked pasta or noodle products or | 2 ounces |
| cooked cereal grains or an equivalent quantity of any combination | 1 cup |
| | 1 cup |
| | 1 cup |
| | 1 cup |

Lunch or Dinner (5 components are needed to meet USDA requirements; 2 must come from the fruit/vegetable category)

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| 1. Milk | 1 cup* |
| 2-3. Fruits (2 or more kinds) or vegetables (2 or more kinds)** or full-strength juice | 1 cup total |
| 4. Bread or bread alternate | 2 slices |
| cooked pasta or noodle products | 2 servings |
| cooked cereal grains or combination of | 1 cup |
| equivalent quantity of bread/bread alternates | 1 cup |
| 5. Lean meat or poultry or fish | 2 ounces |
| or cheese | 2 ounces |
| or eggs | 1 |
| or cooked dry beans or peas | 1/2 cup |
| or peanut butter or soynut butter | |
| or other nut or seed butters | 4 Tbsp. |
| or peanuts or soynuts or tree nuts or seeds*** | 1 ounce=50% |
| or any combination of meat/meat alternate | |
| or yogurt | 8 ounces |

AM or PM Supplement (2 components are needed to meet USDA requirements; select one item from two of the four groups)

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| 1. Milk or | 1 cup |
| 2. Juice or fruit or vegetables or any combination or juice or fruit or vegetables | 1/2 cup |
| 3. Bread or | 1 slice |
| Bread alternate | 1 serving |
| or cold dry cereal | 3/4 cup or 1 oz. |
| or cooked cereal | 1/2 cup |
| or cooked pasta or noodle products | 1/2 cup |
| or cooked cereal grains or any combination of bread or bread alternate | 1/2 cup |
| 4. Lean meat, poultry or fish | 1 ounce |
| or cheese | 1 ounce |
| or eggs | 1 egg |
| or cooked dry beans or peas | 1/4 cup |
| or peanut butter or soynut butter or other nut or seed butters | 2 Tbsp. |
| or peanuts or soynuts or tree nuts or seeds | 1 ounce |
| or yogurt, plain or sweetened | 4 ounces or |
| and flavored | 1/2 cup |
| or any combination of meat/meat alternate | |
| or yogurt | 4 ounces |