

CACFP ADULT MEAL PATTERN

Menu Option: Substitute Meat/Meat Alternate for Grains at Breakfast

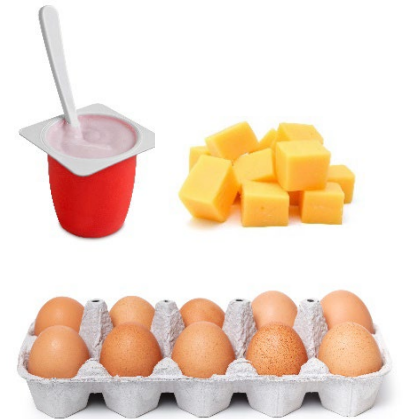
Meat and meat alternates may be served in place of the grains component at breakfast a maximum of **three times per week**.

When serving a meat/meat alternate in place of the grains component at breakfast, **one ounce equivalent of meat/meat alternate is equal to one ounce equivalent of grains.**

2 oz. eq. of grains at BREAKFAST* =

- 8 ounces (1 cup) Yogurt
- 1 Large Egg
- 2 ounces Natural or Processed Cheese
- ½ cup Beans or Peas (cooked)
- 2 ounces Meat
- 4.4 ounces (½ cup) Tofu

*Please note that these are minimum serving sizes – larger portions may be offered to meet caloric needs of adult participants.



SAMPLE ADULT BREAKFAST MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
COMPONENT					
Milk Skim or 1%	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
Vegetable and/or fruit	Diced Fresh Melon	Sliced Apples	Orange Slices	Banana	Blueberries
Grains (or Meat/Meat Alternate)	1 Large Egg	2 oz. Cheddar Cheese	1 cup (cooked) Oatmeal	2 slices Whole Wheat Toast	8 oz. Vanilla Yogurt

Source: [CACFP 08-2017](#)

This institution is an equal opportunity provider.