



## MEAL PATTERNS

Standard meal patterns have been provided as a guide showing food components, serving sizes and minimum servings per meal needed to meet general nutritional guidelines for Older Americans.

If an adjustment is made to a meal, it is important to make sure all components in the standard meal pattern are served. Appropriate substitutions for food components can be found on the substitution lists.

## Standard Breakfast Meal Pattern

Food components	Serving Size	Minimum Servings per meal
<b>Milk, fluid: Low-fat (1%) or fat-free milk, unflavored or flavored</b>	<b>8 fl oz</b>	<b>1 serving</b>
<b>Meat/meat alternates</b> <b>Lean meat, poultry, or fish</b>	<b>1 oz</b>	<b>1 serving</b>
Cheese	1 oz	
Cottage cheese	¼ cup	
Egg, large	1 each	
Cooked dry beans or peas	¼ cup	
Peanut butter, soy nut butter, or other nut or seed butters	2 TBSP	
Yogurt or soy yogurt, plain or flavored	4 oz or ½ cup	
<b>Fruit (Fresh or packed in juice)</b>	<b>½ c or 1 small piece</b>	<b>1 serving</b>
<b>Grains</b>	<b>1 oz</b>	<b>2 servings</b>
Whole grain rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slice bread= 1oz 1 small roll= 1oz	
WGR, enriched or fortified cooked breakfast cereal	½ cup	
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold)	1 cup	

Based on USDA Child and Adult Care Food Program 2022

## Standard Lunch and Supper Meal Pattern

Food Components	Serving Size	Minimum servings per meal
<b>Milk, fluid: Low-fat (1%) or fat-free milk, unflavored or flavored</b>	<b>8 fl oz</b>	<b>1 serving</b>
<b>Meat/meat alternates</b> <b>Lean meat, poultry, or fish</b>	<b>3 oz</b>	<b>1 serving</b>
Tofu, soy products,	3 oz	
Cheese	2 oz	
Cottage cheese	3/4 cup	
Egg, large	1 each	
Cooked dry beans or peas	3/4 cup	
Peanut butter, soy nut butter, or other nut or seed butters	4 TBSP	
Peanuts, soy nuts, tree nuts, or seeds	1 1/2 oz	
Yogurt or soy yogurt, plain or flavored	8 oz or 1 cup	
<b>Vegetables</b>	<b>1/2 cup</b>	<b>2 servings</b>
<b>Fruits</b>	<b>1/2 cup or 1 small piece</b>	<b>1 serving</b>
<b>Grains</b>	<b>1 oz</b>	<b>2 servings</b>
Whole grain rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 slice bread or 1 small roll	
WGR, pasta or rice	1/2 cup pasta 1/2 cup rice	