



# Food Chart – Adult\*

Missouri Department of Health and Senior Services  
Child and Adult Care Food Program

Meal	Food Component	Minimum Serving Size
<b>Breakfast</b>	Fluid Milk <sup>1</sup>	8 ounces (1 cup)
	Juice or Fruit or Vegetable	1/2 cup
	Grains/Bread	2 slices (servings)
<b>Lunch</b>	Fluid Milk <sup>1</sup>	8 ounces (1 cup)
	Meat or Meat Alternate <sup>6</sup>	2 ounces
	Meat, Poultry, Fish, or Cheese, <b>or</b> Egg (large) <b>or</b>	2 ounces
	Cooked Dry Beans, Peas, <b>or</b> Peanut Butter <sup>2</sup> <b>or</b>	1 egg
	Nuts and/or seeds <sup>3</sup> <b>or</b>	1/2 cup
	Yogurt <sup>6</sup> , plain or flavored	4 tablespoons
	Vegetables and/or Fruit <sup>4</sup>	1 oz = 50%
	Grains/Bread	8 ounces or 1 cup
<b>Supper</b>	Fluid Milk <sup>1</sup>	1 cup total
	Meat or Meat Alternate <sup>6</sup>	2 ounces
	Vegetables and/or Fruit <sup>4</sup>	1 cup total
	Grains/Bread	2 slices (servings)
<b>Snack</b> (Serve 2 of 4 components)	Fluid Milk <sup>1</sup>	Optional
	Vegetables or Fruit or Juice <sup>5</sup>	2 ounces
	Grains/Bread	1 cup total
	Meat or Meat Alternate <sup>6</sup>	2 slices (servings)
		8 ounces (1 cup)
		1/2 cup
		1 slice (serving)
		1 ounce

\*Adult is a person 60 years of age or older or a functionally impaired disabled person 18 years or older enrolled in an adult day care center.

<sup>1</sup>Milk must be low-fat (1%) or fat free (skim)

<sup>2</sup>Peanut butter may not be the only meat/meat alternate served for lunch or supper; another meat/meat alternate must be served with peanut butter for the meal to be creditable.

<sup>3</sup>No more than 50% of the requirement can be met with nuts or seeds; these must be combined with another meat/meat alternate to fulfill the requirement.

<sup>4</sup>Must serve at least two different varieties of vegetables and/or fruit at lunch and supper. A minimum of 1/8 cup of each must be served.

<sup>5</sup>Juice may not be served if milk is the only other component at snack.

<sup>6</sup>Commercially prepared yogurt may be used to meet all or part of the meat/meat alternate requirement. Four ounces (weight) or 1/2cup (volume) of yogurt fulfills the equivalent of one ounce of the meat/meat alternate requirement in the meal pattern.

**Offer versus Serve Menu Service Option:** Each adult day care must *offer* the participants *all of the required food components listed above*. However, at the discretion of the adult day care center, adult participants may be permitted to decline: One of the four food items required at **breakfast** (1 milk, 1 fruit/vegetable, 2 bread); two of the six food items required at **lunch** (1 milk, 2 fruit/vegetables, 1 meat/meat alternate, 2 bread), and; two of the five food items required at **supper** (2 fruit/vegetables, 1 meat/meat alternate, 2 bread).

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