

**Michigan Department of Education Child and Adult Care Food Program
MEAL PATTERN - Adult Menu Record**



Site/Room: _____

Month: _____ Year: _____

Meal Components	DATE:	DATE:	DATE:	DATE:	DATE:
Breakfast 1. Fluid Milk 2. Fruit, Vegetable, or Both 3. Grain/Bread #1 3. Grain/Bread #2 or Meat/Meat Alternate* Other					
AM Snack (Serve 2 of 5) 1. Fluid Milk 2. Meat/Meat Alternate 3. Vegetable 4. Fruit 5. Grain/Bread					
Lunch 1. Fluid Milk 2. Meat/Meat Alternate 3. Vegetable #1 4. Fruit or Vegetable #2 5. Grain/Bread #1 5. Grain/Bread #2 Other					
PM Snack (Serve 2 of 5) 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit 5. Grain/Bread					
Supper 1. Fluid Milk (Optional) 2. Meat/Meat Alternate 3. Vegetable #1 4. Fruit or Vegetable #2 5. Grain/Bread #1 5. Grain/Bread #2 Other					

***Breakfast: A Meat/Meat Alternate may be served to meet the entire grain/bread component a maximum of up to three times per week. One ounce of eat/meat alternate is equal to one ounce equivalent of grains**

Milk served to adults must be unflavored low fat (1 or ½ %) or skim (non-fat) or flavored low fat (1 or ½ %) or skim (non-fat)

NOTE: Yogurt may be served to adults to fulfill milk requirement one time per day

Please refer to the USDA CACFP Adult Meal Pattern for required minimum serving sizes