

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



Site/Room: \_\_\_\_\_

Month: \_\_\_\_\_ Year: \_\_\_\_\_

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