

## The Child and Adult Care Food Program in Shelters USDA Meal Pattern\*

| Components  | Quantity (Serving Size)  |
|---|--|
| <b>Breakfast</b><br>Fluid Milk<br>Vegetable and/or fruit or full-strength fruit or vegetable juice<br>Bread or cereal or rice or pasta  | 1 cup<br>1/2 cup<br>1 slice or 3/4 cup   |
| <b>Supplement (Snack)</b><br>(Serve two food items selected from any two of these four components)<br>Fluid Milk<br>Vegetable and/or fruit or full-strength fruit or vegetable juice<br>Bread or cereal or rice or pasta<br>Meat and Meat Alternatives:<br>Lean meat/poultry or fish or cheese or Eggs or<br>Cooked dry beans or peas or<br>Peanut butter<br>orYogurt | 1 cup<br>3/4 cup<br>1 slice or 1/2 cup<br>1 ounce<br>1 egg<br>1/4 cup<br>2 Tablespoons<br>4 ounces |
| <b>Lunch and Supper</b><br>Fluid Milk<br>Vegetable and/or fruit or full-strength fruit or vegetable juice (serve two different vegetables and/or fruits to equal 3/4 cup)<br>Bread or cereal or rice or pasta<br>Meat and Meat Alternatives:<br>Lean meat or poultry or fish or cheese<br>Eggs or<br>Cooked dry beans or peas or<br>Peanut butter                     | 1 cup<br>3/4 cup<br>1 slice or 1/2 cup<br>1 ounce<br>1 egg<br>1/4 cup<br>2 Tablespoons             |

Serving sizes for children under 6 are smaller.



**FOUNDATION**

*Sponsor of the Houston  
Feed the Most Vulnerable Project*