

Child and Adult Care Food Program



FOOD CHART






































Breakfast

	Age:	1 and 2	3 through 5	6 through 12
Fluid Milk		1/2 cup	3/4 cup	1 cup
Juice or fruit or vegetable		1/4 cup	1/2 cup	1/2 cup
Grains/Breads				
<i>Bread; whole grain, bran, germ or enriched</i>		1/2 slice*	1/2 slice*	1 slice*
<i>Cold dry cereal; whole grain, bran, germ, enriched or fortified</i>		1/4 cup (or 1/3 oz.)	1/3 cup (or 1/2 oz.)	3/4 cup (or 1 oz.)
<i>Cooked cereal, rice, macaroni and noodle products</i>		1/4 cup (or 1/2 oz.)	1/4 cup (or 1/2 oz.)	1/2 cup (or .09 oz.)

Snack select two of the following four components**

Fluid Milk	1/2 cup	1/2 cup	1 cup
Juice or fruit or vegetable	1/2 cup	1/2 cup	3/4 cup
Meat or meat alternate	1/2 ounce	1/2 ounce	1 ounce
Grains/Breads	1/2 slice*	1/2 slice*	1 slice*

Lunch/Supper

 Fluid Milk	 1/2 cup	 3/4 cup	 1 cup
 Meat or poultry or fish	 1 ounce	 1½ ounces	 2 ounces
or cheese	 1 ounce	 1½ ounces	 2 ounces
or cottage cheese, cheese food, or cheese spread	 2 ounce (1/4 cup)	 3 ounces (3/8 cup)	 4 ounces (1/2 cup)
or egg	 1/2 egg	 3/4 egg	 1 egg
or cooked dry beans or peas	 1/4 cup	 3/8 cup	 1/2 cup
or peanut butter, soynut butter or nut or seed butters	 2 T.	 3 T.	 4 T.
or peanuts, soynuts, tree nuts or seeds	 1/2 oz. = 50%	 3/4 oz. = 50%	 1 oz. = 50%
or yogurt, plain or flavored, unsweetened or sweetened	 4 ounces or 1/2 cup	 6 ounces or 3/4 cup	 8 ounces or 1 cup
or an equivalent quantity of any combination of the above meat/meat alternates			
 Vegetables and/or fruits (2 or more) <i>2 separate servings of vegetables and/or fruit</i>	 1/4 cup Total	 1/2 cup Total	 3/4 cup Total
 Grains/Breads	 1/2 slice*	 1/2 slice*	 1 slice*

*or an equivalent serving of an acceptable grains/breads food component such as cornbread, biscuits, rolls, muffins, pizza crust, etc. made of a whole-grain, bran, or germ product and/or enriched meal or flour.

**For snack, juice may not be served when milk is served as the only other component.