



















# Child and Adult Care Food Program

















## FOOD CHART

Ages: 1 and 2 3 through 5 6 through 12






































### BREAKFAST

 Fluid milk	 1/2 cup	 3/4 cup	 1 cup
 Vegetable, fruit, or 100% juice	 1/4 cup	 1/2 cup	 1/2 cup
 Grains or breads* or cold dry cereal	 1/2 serving 1/2 slice	 1/2 serving 1/2 slice	 1 serving 1 slice
or cooked cereal	 1/4 cup (or 1/3 oz.)	 1/3 cup (or 1/2 oz.)	 3/4 cup (or 1 oz.)
	 1/4 cup	 1/4 cup	 1/2 cup

### SNACK Select two of the following four components.

 Fluid milk	 1/2 cup	 1/2 cup	 1 cup
 Meat or meat alternate	 1/2 ounce	 1/2 ounce	 1 ounce
 Vegetable, fruit, or 100% juice**	 1/2 cup	 1/2 cup	 3/4 cup
 Grains, breads, or cereal*	 1/2 serving 1/2 slice	 1/2 serving 1/2 slice	 1 serving 1 slice

### LUNCH/SUPPER

 Fluid milk	 1/2 cup	 3/4 cup	 1 cup
 Meat or meat alternate: Meat, poultry, or fish	 1 ounce	 1 1/2 ounces	 2 ounces
Cheese	 1 ounce	 1 1/2 ounces	 2 ounces
Cottage cheese	 2 ounces (1/4 cup)	 3 ounces (3/8 cup)	 4 ounces (1/2 cup)
Egg (large)	 1/2	 3/4	 1
Cooked dry beans or peas	 1/4 cup	 3/8 cup	 1/2 cup
Peanut butter or other nut or seed butters	 2 Tbsp.	 3 Tbsp.	 4 Tbsp.
Peanuts, soynuts, tree nuts, or seeds (Can only meet up to 1/2 of the requirement.)	 1/2 oz. = 50%	 3/4 oz. = 50%	 1 oz. = 50%
Yogurt (Commercially prepared: plain, sweetened, or flavored.)	 1/2 cup	 3/4 cup	 1 cup
 Vegetables and/or fruits <small>2 or more for a total of:</small>	 1/4 cup	 1/2 cup	 3/4 cup
 Grains or breads*	 1/2 serving 1/2 slice	 1/2 serving 1/2 slice	 1 serving 1 slice



\* The primary grain ingredient must be labeled enriched, whole-grain meal and/or flour, bran, and/or germ, or may be fortified if cereal.  
\*\* For snack, juice may not be served when milk is served as the only other component.  
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