

CHILD AND ADULT CARE FOOD PROGRAM

Ages: 1 and 2 3 through 5 6 through 12

BREAKFAST

| | | | |
|---|---|--|--|
|  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 | | | |
| Bread: whole grain, bran, germ, or enriched |  1/2 slice* |  1/2 slice* |  1 slice* |
| Cold dry cereal; whole grain, bran, germ, enriched, or fortified |  1/4 cup (or 1/3 oz) |  1/3 cup (or 1/2 oz) |  3/4 cup (or 1 oz) |
| Cooked cereal, rice, macaroni and noodle products |  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 |
|  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/Bread |  1/2 slice* |  1/2 slice* |  1 slice* |

LUNCH/SUPPER

| | | | |
|--|---|--|---|
|  Fluid milk |  1/2 cup |  3/4 cup |  1 cup |
|  Meat |  1 ounce |  1 1/2 ounces |  2 ounces |
| or cheese |  1 ounce |  1 1/2 ounces |  2 ounces |
| or cottage cheese, cheese food, or cheese spread |  2 ounces (1/4 cup) |  3 ounces (3/8 cup) |  4 ounces (1/2 cup) |
| or egg, large |  1/2 |  3/4 |  1 |
| or cooked dry beans or dry peas |  1/4 cup |  3/8 cup |  1/2 cup |
| or peanut butter, soy nut butter, or nut or seed butters |  2 T. |  3 T. |  4 T. |
| or peanuts, soy nuts, 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 alternatives | | | |
|  Vegetables and/or fruits (2 or more) 2 separate servings of vegetables and/or fruit |  1/4 cup Total |  1/2 cup Total |  3/4 cup Total |
|  Grains/Breads |  1/2 slice* |  1/2 slice* |  1 slice* |

* An equivalent serving of an acceptable bread alternate such as cornbread, biscuits, rolls, muffins, pizza crust, etc., made of whole-grain or enriched meal or flour, or a serving of cooked enriched or whole-grain rice or macaroni or other pasta products.
** For snack, juice may not be served when milk is served as the only other component.

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