

<b>Breakfast</b>				
Must serve milk, vegetable or fruit, and either a grain or meat/meat alternate				
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (At-risk afterschool programs and emergency shelters)
<b>Fluid Milk</b> <ul style="list-style-type: none"> <li>• 1 year olds: Unflavored whole milk</li> <li>• 2-5 year olds: Unflavored 1% or skim</li> <li>• 6-18 year olds: Unflavored or flavored 1% or skim</li> </ul>	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)	1 cup (8 oz)
<b>Vegetables or Fruits</b> <i>(or portions of both)</i> <ul style="list-style-type: none"> <li>• Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day</li> </ul>	¼ cup	½ cup	½ cup	½ cup
<b>Grains</b> <ul style="list-style-type: none"> <li>• Must be whole grain-rich, enriched, or fortified</li> <li>• At least one serving per day must be whole grain-rich</li> <li>• Grain-based desserts are not creditable <i>(Refer to the <a href="#">CACFP Grains Chart</a>)</i></li> <li>• Cereals must contain no more than 6 grams of sugar per dry ounce</li> </ul>				
Bread	½ slice	½ slice	1 slice	1 slice
Bread products such as biscuits, rolls, or muffins <i>Refer to the <a href="#">CACFP Grains Chart</a> for options and serving sizes</i>	½ serving	½ serving	1 serving	1 serving
<b>Cooked</b> breakfast cereal, cereal grain, rice and/or pasta	¼ cup	¼ cup	½ cup	½ cup
<b>Ready-to-eat</b> breakfast cereal (dry, cold)	¼ cup	1/3 cup	¾ cup	¾ cup
<b>Meat/Meat Alternates</b> <ul style="list-style-type: none"> <li>• Not required at breakfast, but may be served in place of the entire grain component a maximum of three times per week</li> </ul>				
Lean meat, poultry, or fish	½ oz	½ oz	1 oz	1 oz
Cheese (natural and process; soft and hard)	½ oz (⅛ cup shredded)	½ oz (⅛ cup shredded)	1 oz (¼ cup shredded)	1 oz (¼ cup shredded)
Cottage cheese, ricotta cheese, cheese spread, cheese food	1 oz (⅛ cup)	1 oz (⅛ cup)	2 oz (¼ cup)	2 oz (¼ cup)
Large egg	¼ egg	¼ egg	½ egg	½ egg
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup
Yogurt (regular and soy) <i>Must contain no more than 23 grams of total sugars per 6 ounces</i>	¼ cup (2 oz)	¼ cup (2 oz)	½ cup (4 oz)	½ cup (4 oz)
Peanut butter, soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
Peanuts, soy nuts, tree nuts or seeds	½ oz	½ oz	1 oz	1 oz
Tofu (commercially prepared) <i>2.2 oz. (1/4 cup) must contain at least 5 grams of protein</i>	⅛ cup (1.1 oz)	⅛ cup (1.1 oz)	¼ cup (2.2 oz)	¼ cup (2.2 oz)
Soy products or alternate protein products <i>Must meet the requirements in Appendix A to Part 226</i>	½ oz	½ oz	1 oz	1 oz

<b>Lunch and Supper</b> All five components required for a reimbursable meal				
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (At-risk afterschool programs and emergency shelters)
<b>Fluid Milk</b> <ul style="list-style-type: none"> <li>• 1 year olds: Unflavored whole milk</li> <li>• 2-5 year olds: Unflavored 1% or skim</li> <li>• 6-18 year olds: Unflavored or flavored 1% or skim</li> </ul>	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)	1 cup (8 oz)
<b>Meat/Meat Alternates</b>				
Lean meat, poultry, or fish	1 oz	1½ oz	2 oz	2 oz
Cheese (natural and processed; soft and hard)	1 oz (¼ cup shredded)	1½ oz (¾ cup shredded)	2 oz (½ cup shredded)	2 oz (½ cup shredded)
Cottage cheese, ricotta cheese, cheese spread, cheese food	2 oz (¼ cup)	3 oz (¾ cup)	4 oz (½ cup)	4 oz (½ cup)
Large egg	½ egg	¾ egg	1 egg	1 egg
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter, soy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp
Peanuts, soy nuts, tree nuts or seeds <ul style="list-style-type: none"> <li>- May be used to meet no more than ½ the M/MA serving size</li> <li>- Must be combined with another M/MA to meet the full minimum serving size</li> </ul>	½ oz = 50%	¾ oz = 50%	1 oz = 50%	1 oz = 50%
Yogurt (regular and soy) <i>Must contain no more than 23 grams of total sugars per 6 ounces</i>	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)	1 cup (8 oz)
Tofu (commercially prepared) <i>2.2 oz. (¼ cup) must contain at least 5 grams of protein</i>	¼ cup (2.2 oz)	¾ cup (3.3 oz)	½ cup (4.4 oz)	½ cup (4.4 oz)
Soy products or alternate protein products <i>Must meet the requirements in Appendix A to Part 226</i>	1 oz	1½ oz	2 oz	2 oz
<b>Vegetables</b>				
<ul style="list-style-type: none"> <li>• May replace fruit, but must offer two different vegetables</li> <li>• Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day</li> </ul>	⅛ cup	¼ cup	½ cup	½ cup
<b>Fruits</b>				
<ul style="list-style-type: none"> <li>• Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day</li> </ul>	⅛ cup	¼ cup	¼ cup	¼ cup
<b>Grains</b>				
<ul style="list-style-type: none"> <li>• Must be whole grain-rich, enriched, or fortified</li> <li>• At least one serving per day must be whole grain-rich</li> <li>• Grain-based desserts are not creditable (Refer to the <a href="#">CACFP Grains Chart</a>)</li> <li>• Cereals must contain no more than 6 grams of sugar per dry ounce</li> </ul>				
Bread	½ slice	½ slice	1 slice	1 slice
Bread products, such as biscuits, rolls, or muffins <i>Refer to the <a href="#">CACFP Grains Chart</a> for options and serving sizes</i>	½ serving	½ serving	1 serving	1 serving
Rice, pasta, grains, and/or cooked cereals	¼ cup	¼ cup	½ cup	½ cup

<b>Snack</b>				
Must serve 2 of the 5 components. Only 1 of the 2 components may be a beverage.				
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (At-risk afterschool programs and emergency shelters)
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<b>Meat/Meat Alternates</b>				
Lean meat, poultry, or fish	½ oz	½ oz	1 oz	1 oz
Cheese (natural and processed; soft and hard)	½ oz (⅛ cup shredded)	½ oz (⅛ cup shredded)	1 oz (¼ cup shredded)	1 oz (¼ cup shredded)
Cottage cheese, ricotta cheese, cheese spread, cheese food	1 oz (⅛ cup)	1 oz (⅛ cup)	2 oz (¼ cup)	2 oz (¼ cup)
Large egg	½ egg	½ egg	½ egg	½ egg
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup
Peanut butter, soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
Peanuts, soy nuts, tree nuts or seeds	½ oz	½ oz	1 oz	1 oz
Yogurt (regular and soy) <i>Must contain no more than 23 grams of total sugars per 6 ounces</i>	¼ cup (2 oz)	¼ cup (2 oz)	½ cup (4 oz)	½ cup (4 oz)
Tofu (commercially prepared) <i>2.2 oz. (¼ cup) must contain at least 5 grams of protein</i>	⅛ cup (1.1 oz)	⅛ cup (1.1 oz)	¼ cup (2.2 oz)	¼ cup (2.2 oz)
Soy products or alternate protein products <i>Must meet the requirements in Appendix A to Part 226</i>	½ oz	½ oz	1 oz	1 oz
<b>Vegetables</b>				
• Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day	½ cup	½ cup	¾ cup	¾ cup
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Bread	½ slice	½ slice	1 slice	1 slice
Bread products, such as biscuits, rolls, crackers, or muffins <i>Refer to the <a href="#">CACFP Grains Chart</a> for options and serving sizes</i>	½ serving	½ serving	1 serving	1 serving
<b>Cooked</b> breakfast cereal, cereal grain, rice and/or pasta	¼ cup	¼ cup	½ cup	½ cup
<b>Ready-to-eat</b> breakfast cereal (dry, cold)	¼ cup	1/3 cup	¾ cup	¾ cup