Missouri Department of Health & Senior Services

Child & Adult Care Food Program Lunch & Supper Food Chart for Ages 1-18

1 2 3-5 6-12 Programs and Emergency Shelters		Ages			
Note	-	1-2	3-5	6-12	(At-Risk Afterschool Programs and Emergency
Meat/Meat Alternate 1 0z. 1½ oz. 2 oz. 2 oz. Lean meat, poultry, fish; or 1 oz. 1½ oz. 2 oz. 2 oz. 2 oz. Cheese; or 1 oz. 1½ oz. 2 oz. 2 oz. 2 oz. Large egg; or ½ egg ¾ egg 1 egg 1 egg Tofu, soy products, alternate protein product4; or 1 oz. 1½ oz. 2 oz. 2 oz. Cooked dry beans, peas; or ½ cup ¾ cup ½ cup ½ cup Yogurt, plain or unflavored unsweetened or sweetened5 or ½ cup (4 oz.) ¾ cup (6 oz.) 1 cup (8 oz.) 1 cup (8 oz.) Peanut butter, soy nut butter, other nut or seed butter; or 2 tbsp. 3 tbsp. 4 tbsp. 4 tbsp. Peanuts, soy nuts, tree nuts, seeds10 ½ oz. = 50% ½ oz. = 50% 1 oz. = 50% 1 oz. = 50% Vegetable6. 7 Yegetable ½ cup ½ cup ½ cup Fruit6. 7 Fruit6. 7 Fruit6. 7 Truit 9 cup ½ cup ½ cup Fruit6. 7 ½ oz. eq. ½ oz. eq. 1 oz. eq. 1 oz		Unflavored Whole, 2 year old: Unflavored lowfat (1%) or Unflavored fat-	fat (1%) or Unflavored fat-	(1%) or Unflavored/flavored fat-free (skim)	Unflavored/flavored fat-free (skim)
Lean meat, poultry, fish; or 1 oz. 1½ oz. 2 oz. 2 oz. 2 oz. Cheese; or 1 oz. 1½ oz. 2 oz. 2 oz. 2 oz. Large egg; or ½ egg ¾ egg 1 egg	Milk	½ cup (4 oz.)	3/4 cup (6 oz.)	1 cup (8 oz.)	1 cup (8 oz.)
Lean meat, poultry, fish; or 1 oz. 1½ oz. 2 oz. 2 oz. 2 oz. Cheese; or 1 oz. 1½ oz. 2 oz. 2 oz. 2 oz. Large egg; or ½ egg ¾ egg 1 egg	Meat/Meat Alternate				
Large egg; or ½ egg ¾ egg 1 egg 1 egg Tofu, soy products, alternate protein product4; or 1 oz. 1½ oz. 2 oz. 2 oz. Cooked dry beans, peas; or ½ cup ½ cup ½ cup ½ cup Yogurt, plain or unflavored unsweetened or sweetened or Peanut butter, soy nut butter, other nut or seed butter; or 2 tbsp. 3 tbsp. 4 tbsp. 1 cup (8 oz.) Peanuts, soy nuts, tree nuts, seeds 10 ½ oz. = 50% ¾ oz. = 50% 1 oz. = 50% 1 oz. = 50% Vegetable 6, 7 Vegetable 9, 6 ½ cup ½ cup ½ cup Vegetable 9, 7 ½ cup ½ cup ½ cup Vegetable 9, 7 ½ cup ½ cup ½ cup Vegetable 9, 7 ½ cup ½ cup ½ cup Vegetable 9, 7 ½ cup ½ cup ½ cup Vegetable 9, 7 ½ cup ½ cup ½ cup Vegetable 9, 7 ½ cup ½ cup ½ cup Vegetable 9, 7 ½ cup ½ cup ½ cup Vegetable 9, 7 ½ cup ½ cup ½ cup <	Lean meat, poultry,	1 oz.	1½ oz.	2 oz.	2 oz.
Tofu, soy products, alternate protein product ⁴ ; or Cooked dry beans, peas; or Yogurt, plain or unflavored unsweetened or sweetened ⁵ or : Peanut butter, soy nut butter, other nut or seed butter; or Peanuts, soy nuts, tree nuts, seeds 10 Vegetable 6, 7 Vegetable 7 Fruit 6, 7 Fruit 8 Whole grain-rich or enriched bread product, such as biscuit, rol, muffin; or Whole grain-rich, enriched or fortified cooked breakfast creal 9, cereal grain, or pasta 1 oz. 1½ oz. 1½ oz. 2 tosp. 3 tbsp. 4 tbsp. 4 tbsp. 4 tbsp. 1 cup (8 oz.) 1 cup (8 oz.	Cheese; or			2 oz.	2 oz.
Protein product ⁴ ; or		½ egg	¾ egg	1 egg	1 egg
Year	protein product ⁴ ; or	1 oz.	1½ oz.	2 oz.	2 oz.
unsweetened or sweetened5 or Peanut butter, other nut or seed butter; or Peanuts, soy nuts, tree nuts, seeds10 2 tbsp. 3 tbsp. 4 tbsp. 4 tbsp. Vegetable 6, 7 ½ oz. = 50% 1 oz. = 50% 1 oz. = 50% Vegetable 7 ½ cup ½ cup ½ cup Fruit 6, 7 ½ cup ½ cup ½ cup Fruit 9 ½ cup ½ oz. eq. (14 gm.) 1 oz. eq. (28 gm.) Whole grain-rich or enriched bread; or Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or Whole grain-rich, enriched or fortified cooked breakfast creal 9, cereal grain, or pasta ½ oz. eq. (½ oz. eq. (½ oz. eq. (½ oz. eq. (½ cup-cooked, 14 gmdry) ½ oz. eq. (½ cup-cooked, 28 gmdry) 1 oz. eq. (½ cup-cooked, 28 gmdry)	peas; or	½ cup	¾ cup	½ cup	½ cup
other nut or seed butter; or 2 tosp. 3 tosp. 4 tosp. 4 tosp. Peanuts, soy nuts, tree nuts, seeds 10 ½ oz. = 50% 3 tosp. 1 oz. = 50% 1 oz. = 50% Vegetable 6, 7 Vegetable ½ cup ½ cup ½ cup Fruit ½ cup ½ cup ½ cup Grains ⁸ Whole grain-rich or enriched bread; or ½ oz. eq. (14 gm.) (14 gm.) (28 gm.) (28 gm.) Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or ½ oz. eq. ½ oz. eq. 1 oz. eq. 1 oz. eq. Whole grain-rich, enriched or fortified cooked breakfast creal ⁹ , cereal grain, or pasta ½ oz. eq. (½ cup-cooked, 14 gmdry) 1 oz. eq. (½ cup-cooked, 28 gmdry) (½ cup-cooked, 28 gmdry)	_	½ cup (4 oz.)	3/4 cup (6 oz.)	1 cup (8 oz.)	1 cup (8 oz.)
seeds 10 % 02. = 50% % 02. = 50% 1 02. = 50% 1 02. = 50% Vegetable 6, 7 % cup ½ cup ½ cup ½ cup Fruit 6, 7 % cup ½ cup ½ cup ½ cup Grains 8 Whole grain-rich or enriched bread; or ½ oz. eq. (14 gm.) (14 gm.) (28 gm.) (28 gm.) Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or ½ oz. eq. (½ cup-cooked, 14 gmdry)) ½ oz. eq. (½ cup-cooked, 28 gmdry) 1 oz. eq. (½ cup-cooked, 28 gmdry)	other nut or seed butter; or	2 tbsp.	3 tbsp.	4 tbsp.	4 tbsp.
Vegetable½ cup½ cup½ cupFruit6, 71% cup½ cup½ cupFruit½ cup½ cup½ cupGrains8Whole grain-rich or enriched bread; or½ oz. eq. (14 gm.)½ oz. eq. (14 gm.)(28 gm.)Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or½ oz. eq. (½ oz. eq. (½ oz. eq. (½ cup-cooked, 14 gmdry)½ oz. eq. (½ cup-cooked, 14 gmdry)1 oz. eq. (½ cup-cooked, 28 gmdry)		½ oz. = 50%	³ / ₄ oz. = 50%	1 oz. = 50%	1 oz. = 50%
Vegetable½ cup½ cup½ cupFruit6, 71% cup½ cup½ cupFruit½ cup½ cup½ cupGrains8Whole grain-rich or enriched bread; or½ oz. eq. (14 gm.)½ oz. eq. (14 gm.)(28 gm.)Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or½ oz. eq. (½ oz. eq. (½ oz. eq. (½ cup-cooked, 14 gmdry)½ oz. eq. (½ cup-cooked, 14 gmdry)1 oz. eq. (½ cup-cooked, 28 gmdry)	Vegetable ^{6, 7}				
Fruit % cup	Vegetable	1/ ₈ cup	½ cup	½ cup	½ cup
Grains ⁸ Whole grain-rich or enriched bread; or (14 gm.) (28 gm.) Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, or pasta Grains ⁸ 1/2 oz. eq. (1/2 oz. eq. (14 gm.) (28 gm.) (28 gm.) 1/2 oz. eq. (1/2 oz. eq. (1/2 oz. eq. (1/2 oz. eq. (1/2 cup-cooked, 14 gmdry) (1/2 cup-cooked, 28 gmdry)					
Whole grain-rich or enriched bread; or (14 gm.) (28 gm.) (28 gm.) Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, or pasta 1 oz. eq. (28 gm.) (28 gm.) 1 oz. eq. (½ oz. eq. (½ oz. eq. (½ cup-cooked, 28 gm.)-dry) gmdry)	Fruit	½ cup	1/4 cup	½ cup	½ cup
Whole grain-rich or enriched bread; or (14 gm.) (28 gm.) (28 gm.) Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, or pasta 1 oz. eq. (28 gm.) (28 gm.) 1 oz. eq. (½ oz. eq. (½ oz. eq. (½ cup-cooked, 28 gm.)-dry) gmdry)	Grains ⁸				
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or Whole grain-rich, enriched or fortified cooked breakfast cereal grain, or pasta 1/2 oz. eq. 1/2 cup-cooked, 28 gmdry) 1/2 oz. eq.	Whole grain-rich or enriched	· ·		<u> </u>	
fortified cooked breakfast (1/4 cup-cooked, cereal grain, or pasta) (1/4 cup-cooked, 1/4 gmdry) (1/4 cup-cooked, 2/8 gmdry) (1/2 cup-cooked, 2/8 gmdry)	Whole grain-rich or enriched bread product, such as biscuit,				, ,
	Whole grain-rich, enriched or fortified cooked breakfast	(1/4 cup-cooked,	(1/4 cup-cooked,	(1/2 cup-cooked, 28	(½ cup-cooked, 28
USDA Using Ounce Equivalents for Grains in the CACFP worksheet					

- ¹ Must serve all five components for a reimbursable meal.
- Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs for At-Risk Afterschool Programs and Emergency Shelters.
- Must be unflavored whole milk for children age one. Must be unflavored fat-free (skim) or unflavored low-fat (1%) milk for children two through five years old. Must be unflavored fat-free (skim), unflavored low-fat (1%), or flavored fat-free (skim) milk for children six years old and older.
- ⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.
- ⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
- At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grain component with the exception of sweet crackers (e.g., graham crackers of any shape and animal crackers).
- 9 Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- Nuts and seeds may be used to meet no more than 50% of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch/supper requirement.