

Missouri Department of Health & Senior Services
Child & Adult Care Food Program
Lunch & Supper Food Chart for Ages 1-18
At-Risk Afterschool Weekends and Holidays

Food Components & Food Items ¹	Ages			
	1-2	3-5	6-12	13-18 ² (At-Risk Afterschool Programs and Emergency Shelters)
Fluid Milk³	1 year old: Unflavored Whole, 2 year old: Unflavored low-fat (1%) or Unflavored fat-free (skim)	Unflavored low-fat (1%) or Unflavored fat-free (skim)	Unflavored low-fat (1%) or Unflavored/flavored fat-free (skim)	Unflavored low-fat (1%) or Unflavored/flavored fat-free (skim)
Milk	½ cup (4 oz.)	¾ cup (6 oz.)	1 cup (8 oz.)	1 cup (8 oz.)
Meat/Meat Alternate				
Lean meat, poultry, fish; or	1 oz.	1½ oz.	2 oz.	2 oz.
Cheese; or	1 oz.	1½ oz.	2 oz.	2 oz.
Large egg; or	½ egg	¾ egg	1 egg	1 egg
Tofu, soy products, alternate protein product ⁴ ; or	1 oz.	1½ oz.	2 oz.	2 oz.
Cooked dry beans, peas; or	¼ cup	⅜ cup	½ cup	½ cup
Yogurt, plain or unflavored unsweetened or sweetened ⁵ 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, seeds ¹⁰	½ oz. = 50%	¾ oz. = 50%	1 oz. = 50%	1 oz. = 50%
Vegetable^{6, 7}				
Vegetable	⅛ cup	¼ cup	½ cup	½ cup
Fruit^{6, 7}				
Fruit	⅛ cup	¼ cup	¼ cup	¼ cup
Grains⁸				
Whole grain-rich or enriched bread; or	½ oz. eq. (14 gm.)	½ oz. eq. (14 gm.)	1 oz. eq. (28 gm.)	1 oz. eq. (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 cereal ⁹ , cereal grain, or pasta	½ oz. eq. (¼ cup-cooked, 14 gm.-dry)	½ oz. eq. (¼ cup-cooked, 14 gm.-dry)	1 oz. eq. (½ cup-cooked, 28 gm.-dry)	1 oz. eq. (½ cup-cooked, 28 gm.-dry)
*** USDA Using Ounce Equivalents for Grains in the CACFP worksheet ***				

- 1 Must serve all five components for a reimbursable meal.
- 2 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.
- 3 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.
- 6 Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- 7 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.
- 8 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.
- 10 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.