



Food Chart – At-Risk After School

Missouri Department of Health and Senior Services
Child and Adult Care Food Program

Meal	Food Component	Minimum Serving Size Age 6 through 12	Minimum Serving Size Age 13 through 18 ¹
Snack (Serve 2 of 4 components)	Fluid Milk ²	1 cup	1 cup
	Juice or Fruit or Vegetable ³	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup
	Meat or Meat Alternate	1 ounce	1 ounce
	Grains/Bread	1 slice	1 slice
Supper	Fluid Milk ²	1 cup	1 cup
	Meat, Poultry, Fish, Cheese, or Egg, or	2 ounces	2 ounces
	Cooked Dry Beans, Peas, or Peanut Butter ⁴	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
	Juice or Fruit or Vegetables ⁵ (must serve at least two <i>different</i> varieties)	4 Tbsp.	4 Tbsp.
		2 servings ($\frac{3}{4}$ cup total)	2 servings (1 cup total)
	Grains/Bread	1 slice	2 slices

¹Children ages 13 and older may be served these portions based on the greater food need of older boys and girls, but shall not be served less than the minimum quantities specified for children age 6 up to 12.

²All milk served to children two years of age and older must be low-fat (1%) or fat-free (skim).

³Juice may not be served if milk is the only other component at snack.

⁴Peanut butter may not be the only meat/meat alternate served for supper; another meat/meat alternate must be served with peanut butter for the meal to be creditable.

⁵A minimum of 1/8 cup of each must be served.

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