

**Missouri Department of Health & Senior Services**  
 Child & Adult Care Food Program  
 Adult Food Chart

<b>Breakfast<sup>12</sup></b>	
<b>Fluid Milk<sup>1</sup></b>	
Unflavored/flavored low-fat (1%) or fat-free (skim) milk	1 cup (8 oz.)
<b>Vegetables, Fruits, or portions of both <sup>2</sup></b>	½ cup
<b>Grains <sup>3, 4</sup></b>	
Whole grain-rich or enriched bread; <b>or</b>	2 oz. eq.
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; <b>or</b>	2 oz. eq.
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>5</sup> , cereal grain, pasta; <b>or</b>	2 oz. eq.
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal <sup>5</sup>	2 oz. eq.
<b>Lunch/Supper<sup>13</sup></b>	
<b>Fluid Milk<sup>1, 6</sup></b>	
Unflavored/flavored low-fat (1%) or fat-free (skim) milk	1 cup (8 oz.)
<b>Meat/Meat Alternate – 2 oz. eq.</b>	
Lean meat, poultry, fish; <b>or</b>	2 oz.
Cheese; <b>or</b>	2 oz.
Large egg; <b>or</b>	1 egg
Tofu, soy products, alternate protein product <sup>7</sup> ; <b>or</b>	2 oz.
Cooked beans, peas, or lentils <sup>10</sup> ; <b>or</b>	½ cup
Yogurt, plain, flavored, unsweetened or sweetened <sup>8</sup> <b>or</b> ;	1 cup (8 oz.)
Peanut butter, soy nut butter, other nut or seed butter; <b>or</b>	4 tbsp.
Peanuts, soy nuts, tree nuts, seeds	2 oz.
<b>Vegetable <sup>2</sup></b>	½ cup
<b>Fruit <sup>2, 9</sup></b>	½ cup
<b>Grains <sup>3</sup></b>	
Whole grain-rich or enriched bread; <b>or</b>	2 oz. eq.
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; <b>or</b>	2 oz. eq.
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>5</sup> , cereal grain, or pasta	2 oz. eq.
<b>Snack<sup>11</sup></b>	
<b>Fluid Milk<sup>1</sup></b>	
Unflavored/flavored low-fat (1%) or fat-free (skim) milk	1 cup (8 oz.)
<b>Meat/Meat Alternate – 1 oz. eq.</b>	
Lean meat, poultry, fish; <b>or</b>	1 oz.
Cheese; <b>or</b>	1 oz.
Large egg; <b>or</b>	½ egg
Tofu, soy products, alternate protein product <sup>7</sup> ; <b>or</b>	1 oz.
Cooked beans, peas, or lentils <sup>10</sup> ; <b>or</b>	¼ cup
Yogurt, plain or flavored, unsweetened or sweetened <sup>8</sup> <b>or</b> ;	½ cup (4 oz.)
Peanut butter, soy nut butter, other nut or seed butter; <b>or</b>	2 tbsp.
Peanuts, soy nuts, tree nuts, seeds	1 oz.
<b>Vegetable <sup>2</sup></b>	½ cup
<b>Fruit <sup>2</sup></b>	½ cup
<b>Grains <sup>3</sup></b>	
Whole grain-rich or enriched bread; <b>or</b>	1 oz. eq.
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; <b>or</b>	1 oz. eq.
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>5</sup> , cereal grain, pasta; <b>or</b>	1 oz. eq.
Whole grain-rich, enriched or fortified ready-to-eat cereal <sup>5</sup>	1 oz. eq.

- <sup>1</sup> Must be unflavored or flavored fat-free (skim) or low-fat (1%) milk. Six ounces (weight) or  $\frac{3}{4}$  cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.
- <sup>2</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- <sup>3</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement, with the exception of sweet crackers (e.g., graham crackers of any shape and animal crackers).
- <sup>4</sup> Meat/meat alternates may be used to meet the entire grains requirement, a maximum of three times a week. One ounce of meat /meat alternates is equal to one ounce equivalent of grains.
- <sup>5</sup> Breakfast cereals must contain no more than 6 grams (g) of added sugar per dry ounce.
- <sup>6</sup> A serving of fluid milk is optional for suppers served to adult participants.
- <sup>7</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.
- <sup>8</sup> Yogurt must contain no more than 12 grams (g) of added sugars per 6 ounces.
- <sup>9</sup> 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.
- <sup>10</sup> Cooked beans, peas, and lentils may credit as either a vegetable or a meat alternate, but not as both in the same meal. Immature beans and peas, such as green beans, wax beans, and green peas credit as a vegetable only; they do not credit as a meat alternate.
- <sup>11</sup> Select 2 of the 5 components for a reimbursable snack. Only one of the two components may be a beverage.
- <sup>12</sup> Select all 3 components for a reimbursable breakfast meal.
- <sup>13</sup> Select all 5 components for a reimbursable lunch/supper meal.