

	MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES CHILD AND ADULT CARE FOOD PROGRAM		ISSUED	REVISED	CHAPTER	SECTION
	Sponsoring Organizations of Homes POLICY & PROCEDURE MANUAL		12/90	6/12	10	10.1
CHAPTER Chapter 10. Meal Pattern			SUBJECT Requirements for Meals Ages 1-12			

**Breakfast**

A breakfast meal shall include a serving of fluid milk as a beverage or poured over cereal, a serving of vegetable or fruit or full strength fruit juice, and a serving of whole-grain or enriched bread or bread alternate.

Milk cannot be added to a product during the preparation process and be considered as a serving of milk. For example, milk added to eggs cannot be counted as any part of the milk serving.

**Lunch/Supper**

A lunch or supper shall include a serving of fluid milk, a serving of lean meat or meat alternate, a serving of two or more vegetables or fruits, or a combination of both, and a serving of bread or bread alternate.

**Snack**

A snack shall include at least two of the four (meat, fruit/vegetable, bread, milk) components. Juice may not be served when milk is served as the only other component. The snack items must come from two different component groups. For example, orange juice and fruit cocktail would not be a creditable snack because both items come from the fruit/vegetable group.