

	MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES CHILD AND ADULT CARE FOOD PROGRAM			ISSUED	REVISED	CHAPTER	SECTION
	EMERGENCY/HOMELESS SHELTERS POLICY & PROCEDURE MANUAL			6/1/02	4/09	7	7.1
CHAPTER Chapter 7. Meal Pattern				SUBJECT Minimum Requirements for Meals: Ages 1-18			

Breakfast

A breakfast meal shall include a serving of fluid milk as a beverage or poured over cereal, a serving of vegetable, fruit or 100% juice, and a serving of whole-grain, enriched or fortified grains/breads.

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

Lunch or Supper

A lunch or supper shall include a serving of fluid milk, a serving of lean meat or meat alternate, two or more servings of different vegetables and/or fruits, and a serving of enriched or whole grain grains/bread.

Snack

A snack shall include at least two of the four components (meat or meat alternate, 100% juice or fruit or vegetable, grains/bread, fluid milk). 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 component group.

View the “Food Chart – Children” on the CACFP website at: www.dhss.mo.gov/cacfp.

Ref: 7CFR 226.20