



Food Chart - Children

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

Meal	Food Component	Minimum Serving Size	Minimum Serving Size	Minimum Serving Size
		Age 1 through 2	Age 3 through 5	Age 6 through 12
Breakfast	Fluid Milk ¹	4 oz (½ cup)	6 oz (¾ cup)	8 oz (1 cup)
	Juice or Fruit or Vegetable	¼ cup	½ cup	½ cup
	Grains/Bread	½ slice	½ slice	1 slice
Snack <i>(Serve 2 of 4 components)</i>	Fluid Milk ¹	4 oz (½ cup)	4 oz (½ cup)	8 oz (1 cup)
	Juice or Fruit or Vegetable ²	½ cup	½ cup	¾ cup
	Meat or Meat Alternate	½ ounce	½ ounce	1 ounce
	Grains/Bread	½ slice	½ slice	1 slice
Lunch or Supper	Fluid Milk ¹	4 oz (½ cup)	6 oz (¾ cup)	8 oz (1 cup)
	Meat, Poultry, Cheese, or	1 ounce	1 ½ ounces	2 ounces
	Egg (large), or	½ egg	¾ egg	1 egg
	Cooked Dry Beans, Peas, or	¼ cup	3/8 cup	½ cup
	Peanut or other nut or seed butters ³ or	2 Tbsp.	3 Tbsp.	4 Tbsp.
	Nuts and/or Seeds ⁴	½ oz = 50%	¾ oz = 50%	1 oz = 50%
	Juice or Fruit or Vegetable ⁵ (must serve at least two different varieties)	¼ cup total	½ cup total	¾ cup total
	Grains/Bread	½ slice	½ slice	1 slice

¹For children two years of age and older, milk must be low-fat (1%) or fat free (skim). The American Academy of Pediatrics recommends that children 12 months through 23 months (1 year olds) be served whole milk; however, this is not a requirement.

²Juice may not be served if milk is the only other component at snack.

³Peanut butter may not be the only meat/meat alternate served for lunch or supper; another meat/meat alternate must be served with peanut butter for the meal to be creditable.

⁴Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the requirement.

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

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