

Missouri Department of Health and Senior Services – Community Food and Nutrition Assistance

Food Chart – Summer Food Service Program

Breakfast	Fluid Milk	1 cup (8 fluid ounces) ¹
	Juice or Fruit or Vegetable	½ cup
	Bread, or	1 slice
	Cold Dry Cereal, or	¾ cup or 1 ounce ²
	Cornbread, Biscuits, Rolls, Muffins, etc., or	1 serving
	Cooked Cereal or Cereal Grains	½ cup
	Pasta, Cooked Noodles	½ cup
Lunch or Supper	Fluid Milk	1 cup (8 fluid ounces) ³
	Meat, Poultry, Fish, Cheese, or	2 ounces
	Egg, or	1 large egg
	Cooked Dry Beans, Peas, or	½ cup
	Peanut Butter or other Nut Butters, or	4 tablespoons
	Peanuts, Soy Nuts, Tree Nuts, or	1 ounce = 50% ⁴
	Yogurt, plain or sweetened, flavored	8 ounces or 1 cup
	Vegetables and/or Fruits (must serve at least two different varieties)	¾ cup total ⁵
	Grains/Breads	1 serving/1 slice
Snack ⁶	Fluid Milk	1 cup (8 fluid ounces) ¹
	Juice or Fruit or Vegetable	¾ cup
	Meat or Meat Alternate	1 ounce
	Grains/Bread	1 serving

1. Serve as a beverage, or on cereal, or use part of it for each purpose.

2. Either volume (cup) or weight (ounces), whichever is less.

3. Must be served as a beverage.

4. No more than 50% of the requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement.

5. Serve two or more kinds. Full-strength juice may be counted to meet not more than one-half of this requirement.

6. Serve two food items. Each food item must be from a different food component. Juice may not be served when milk is served as the only other component.

Note: All grain/bread items must be enriched or whole grain, made from enriched or whole grain meal or flour, or if it is a cereal, the product must be whole grain, enriched, or fortified. Bran and germ are credited the same as enriched or whole grain meal or flour.

This institution is an equal opportunity provider.