

**Missouri Department of Health & Senior Services**  
**Child & Adult Care Food Program**  
**At-Risk, Afterschool Program Food Chart**

<b>Food Component</b>	<b>Snack<sup>2</sup></b>	<b>Supper</b>
<b>Milk</b>		
Unflavored fluid low-fat (1%) or fat-free (skim) or flavored fat-free (skim)	1 cup	1 cup
<b>Vegetable<sup>3</sup></b>		
Vegetable	$\frac{3}{4}$ cup	$\frac{1}{2}$ cup
<b>Fruit<sup>3, 5</sup></b>		
Fruit	$\frac{3}{4}$ cup	$\frac{1}{4}$ cup
<b>Grains<sup>6</sup></b>		
Whole grain-rich or enriched bread; <b>or</b>	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; <b>or</b>	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>8</sup> , cereal grain, pasta; <b>or</b>	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Whole grain-rich, enriched or fortified ready-to-eat cereal	$\frac{3}{4}$ cup	
<b>Meat/Meat Alternate<sup>7</sup></b>		
Lean meat , poultry, fish; <b>or</b>	1 ounce	2 ounces
Cheese; <b>or</b>	1 ounce	2 ounces
Eggs; <b>or</b>	$\frac{1}{2}$ large egg	1 large egg
Tofu, soy products, alternate protein product; <b>or</b>	1 ounce	2 ounces
Cooked dry beans, peas; or	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Peanut, soynut, other nut or seed butters; <b>or</b>	2 tablespoons	4 tablespoons
Peanuts, soynuts, tree nuts, seeds <sup>9</sup> ; <b>or</b>	$\frac{1}{2}$ ounce = 50%	1 ounce = 50%
Yogurt <sup>4</sup>	4 ounces or $\frac{1}{2}$ cup	8 ounces or 1 cup

<sup>1</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

<sup>2</sup> Select 2 of the 5 components for a reimbursable snack. Only one of the two components may be a beverage.

<sup>3</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>4</sup> Yogurt may be plain or flavored, unsweetened or sweetened, but must contain no more than 23 grams of total sugars per 6 ounces.

<sup>5</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. Fruit cannot be used to meet the vegetable requirement.

<sup>6</sup> All grains must be made with whole grain or enriched meal or flour. At least one serving per day, across all eating occasions, must be whole-grain rich. Grain-based desserts do not count towards the grains requirement with the exception of sweet crackers (e.g., graham crackers of any shape and animal crackers).

<sup>7</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.

<sup>8</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

<sup>9</sup> Nuts 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 lunch/supper requirement.

Offer versus serve is an option for At-Risk, Afterschool participants.

For breakfast or lunch served on weekends or holidays, please refer to the corresponding food chart available at: [www.health.mo.gov/cacfp](http://www.health.mo.gov/cacfp)