

**Missouri Department of Health & Senior Services**

Child & Adult Care Food Program

Adult Food Chart

<b>Breakfast</b>	
<b>Select all 3 components for a reimbursable meal</b>	
<b>Milk<sup>1</sup></b>	
Unflavored fluid fat-free (skim) or low-fat (1%) or flavored fat-free (skim)	8 ounces
<b>Vegetables, Fruits or portions of both<sup>2</sup></b>	½ cup
<b>Grains<sup>3, 4</sup></b>	
Whole grain-rich or enriched bread; <b>or</b>	2 slices
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; <b>or</b>	2 servings
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>5</sup> , cereal grain, pasta; <b>or</b>	1 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal <sup>5</sup>	1½ cups
<b>Lunch/Supper</b>	
<b>Select all 5 components for a reimbursable meal</b>	
<b>Milk<sup>1, 6</sup></b>	
Unflavored fluid fat-free (skim) or low-fat (1%) or flavored fat-free (skim)	8 ounces
<b>Vegetable<sup>2</sup></b>	½ cup
<b>Fruit<sup>2, 9</sup></b>	½ cup
<b>Grains<sup>3</sup></b>	
Whole grain-rich or enriched bread; <b>or</b>	2 slices
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; <b>or</b>	2 servings
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>5</sup> , cereal grain, or pasta	1 cup
<b>Meat/Meat Alternate</b>	
Lean meat, poultry, fish; <b>or</b>	2 ounces
Cheese; <b>or</b>	2 ounces
Large egg; <b>or</b>	1 egg
Tofu, soy products, alternate protein product <sup>7</sup> ; <b>or</b>	2 ounces
Cooked dry beans, peas; <b>or</b>	½ cup
Yogurt, plain, flavored, unsweetened or sweetened <sup>8</sup> <b>or</b> ;	1 cup
Peanut butter, soy nut butter, other nut or seed butter; <b>or</b>	4 tbsp.
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts or seeds as listed in program guidance or an equivalent quantity of any combination of the above m/ma (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	1 ounce = 50%
<b>Snack</b>	
<b>Select 2 of the 5 components for a reimbursable meal</b>	
<b>Milk<sup>1</sup></b>	
Unflavored fluid fat-free (skim) or low-fat (1%) or flavored fat-free (skim)	8 ounces
<b>Vegetable<sup>2</sup></b>	½ cup
<b>Fruit<sup>2</sup></b>	½ cup
<b>Grains<sup>3</sup></b>	
Whole grain-rich or enriched bread; <b>or</b>	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; <b>or</b>	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>5</sup> , cereal grain, pasta; <b>or</b>	½ cup
Whole grain-rich, enriched or fortified ready-to-eat cereal <sup>5</sup>	1½ cups
<b>Meat/Meat Alternate</b>	
Lean meat, poultry, fish; <b>or</b>	1 ounce
Cheese; <b>or</b>	1 ounce
Large egg; <b>or</b>	½ egg
Tofu, soy products, alternate protein product <sup>7</sup> ; <b>or</b>	1 ounce
Cooked dry beans, peas; <b>or</b>	¼ cup
Yogurt, plain or unflavored unsweetened or sweetened <sup>8</sup> <b>or</b> ;	½ cup
Peanut butter, soy nut butter, other nut or seed butter; <b>or</b>	2 tbsp.
Peanuts, soy nuts, tree nuts, seeds	1 ounce

- <sup>1</sup> Must be unflavored fat-free (skim), unflavored low-fat (1%), or flavored fat-free (skim) milk. Six ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.
- <sup>2</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- <sup>3</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement with the exception of sweet crackers (e.g., graham crackers of any shape and animal crackers).
- <sup>4</sup> Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.
- <sup>5</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- <sup>6</sup> A serving of fluid milk is optional for suppers served to adult participants.
- <sup>7</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.
- <sup>8</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- <sup>9</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.