

**Missouri Department of Health & Senior Services**

Child & Adult Care Food Program

Breakfast Food Chart for Ages 1-18

Meal Components & Food Items <sup>1</sup>	Ages			
	1-2	3-5	6-12	13-18 <sup>2, 8</sup> (At-Risk Afterschool Programs and Emergency Shelters)
<b>Fluid Milk<sup>3</sup></b>	1 year old: Unflavored Whole, 2-year-old: Unflavored low-fat (1%) or Unflavored fat-free (skim)	Unflavored low-fat (1%) or Unflavored fat-free (skim)	Unflavored/flavored low-fat (1%) or fat-free (skim)	Unflavored/flavored low-fat (1%) or fat-free (skim)
Milk	½ cup (4 oz.)	¾ cup (6 oz.)	1 cup (8 oz.)	1 cup (8 oz.)
<b>Vegetables/Fruits</b>				
Vegetables, fruits, or portions of both <sup>4</sup>	¼ cup	½ cup	½ cup	½ cup
<b>Grains<sup>5, 6, 8</sup></b>				
Whole grain-rich or enriched bread; <b>or</b>	½ oz. eq. (14 g)	½ oz. eq. (14 g)	1 oz. eq. (28 g)	1 oz. eq. (28 g)
Whole grain-rich or enriched bread product, such as a biscuit, roll, muffin; <b>or</b>	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>7</sup> , cereal grain, pasta; <b>or</b>	½ oz. eq. (¼ cup-cooked, 14 g -dry)	½ oz. eq. (¼ cup-cooked, 14 g -dry)	1 oz. eq. (½ cup-cooked, 28 g -dry)	1 oz. eq. (½ cup-cooked, 28 g -dry)
Whole grain-rich, enriched or fortified ready-to-eat cereal <sup>7</sup>				
Flakes or Rounds	½ oz. eq. (½ cup, 14 g)		1 oz. eq. (1 cup, 28 g)	
Granola	½ oz. eq. (⅓ cup, 14 g)		1 oz. eq. (¼ cup, 28 g)	
Puffed Cereal	½ oz. eq. (¾ cup, 14 g)		1 oz. eq. (1¼ cup, 28 g)	

- <sup>1</sup> Must serve all three components for a reimbursable meal.
- <sup>2</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs for At-Risk Afterschool Programs and Emergency Shelters.
- <sup>3</sup> Must be unflavored whole milk for children aged one. Must be unflavored fat-free (skim) or unflavored low-fat (1%) milk for children two through five years old. Must be unflavored, fat-free (skim), unflavored, low-fat (1%), flavored fat-free (skim), or flavored low-fat (1%) milk for children six years old and older.
- <sup>4</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- <sup>5</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 grain component, except for sweet crackers (e.g., graham crackers of any shape and animal crackers).
- <sup>6</sup> Meat and meat alternates may be used to meet the entire grains requirement, a maximum of three times a week. One ounce equivalent of meat and meat alternates is equal to one ounce equivalent of grains.
- <sup>7</sup> Breakfast cereals must contain no more than 6 grams (g) of added sugar per dry ounce.
- <sup>8</sup> Adult participants (over 18 years of age) must be served a minimum of 2 oz. eq. of grains at breakfast, lunch and, supper meals.