

Missouri Department of Health & Senior Services

Child & Adult Care Food Program

Breakfast Food Chart for Ages 1-18

Food Component ¹	Ages			
	1-2	3-5	6-12	13-18
Milk³				
Unflavored fluid fat-free (skim) or low-fat (1%) or flavored fat-free (skim)	4 ounces	6 ounces	8 ounces	8 ounces
Vegetables, Fruits or portions of both ⁴	¼ cup	½ cup	½ cup	½ cup
Grains^{5, 6}				
Whole grain-rich or enriched bread; or	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, pasta; or	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal ⁷	¼ cup	⅓ cup	¾ cup	¾ cup

¹ Must serve all three components for a reimbursable meal.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age 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%), or flavored fat-free (skim) milk for children six years old and older.

⁴ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁵ 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 with the exception of sweet crackers (e.g., graham crackers of any shape and animal crackers).

⁶ 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.

⁷ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.