

**Missouri Department of Health & Senior Services**

Child & Adult Care Food Program

Lunch & Supper Food Chart for Ages 1-18

| Food Component <sup>1</sup>  | Ages                |                     |                   |                   |
|--|---------------------|---------------------|-------------------|-------------------|
|  | 1-2                 | 3-5                 | 6-12              | 13-18             |
| <b>Milk<sup>3</sup></b>  |                     |                     |                   |                   |
| Unflavored fluid fat-free (skim) or low-fat (1%) or flavored fat-free (skim)   | 4 ounces            | 6 ounces            | 8 ounces          | 8 ounces          |
| <b>Vegetable<sup>6</sup></b>   |                     |                     |                   |                   |
| Vegetable  | 1/8 cup             | 1/4 cup             | 1/2 cup           | 1/2 cup           |
| <b>Fruit<sup>6, 7</sup></b>  |                     |                     |                   |                   |
| Fruit  | 1/8 cup             | 1/4 cup             | 1/4 cup           | 1/4 cup           |
| <b>Grains<sup>8</sup></b>  |                     |                     |                   |                   |
| Whole grain-rich or enriched bread; <b>or</b>  | 1/2 slice           | 1/2 slice           | 1 slice           | 1 slice           |
| Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; <b>or</b>   | 1/2 serving         | 1/2 serving         | 1 serving         | 1 serving         |
| Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>9</sup> , cereal grain, or pasta  | 1/4 cup             | 1/4 cup             | 1/2 cup           | 1/2 cup           |
| <b>Meat/Meat Alternate</b>   |                     |                     |                   |                   |
| Lean meat, poultry, fish; <b>or</b>  | 1 ounce             | 1 1/2 ounces        | 2 ounces          | 2 ounces          |
| Cheese; <b>or</b>  | 1 ounce             | 1 1/2 ounces        | 2 ounces          | 2 ounces          |
| Large egg; <b>or</b>   | 1/2 egg             | 3/4 egg             | 1 egg             | 1 egg             |
| Tofu, soy products, alternate protein product <sup>4</sup> ; <b>or</b>   | 1 ounce             | 1 1/2 ounces        | 2 ounces          | 2 ounces          |
| Cooked dry beans, peas; <b>or</b>  | 1/4 cup             | 3/8 cup             | 1/2 cup           | 1/2 cup           |
| Yogurt, plain or unflavored unsweetened or sweetened <sup>5</sup> <b>or</b> :  | 4 ounces or 1/2 cup | 6 ounces or 3/4 cup | 8 ounces or 1 cup | 8 ounces or 1 cup |
| Peanut butter, soy nut butter, other nut or seed butter; <b>or</b>   | 2 tbsp.             | 3 tbsp.             | 4 tbsp.           | 4 tbsp.           |
| The following may be used to meet no more than 50% of the requirement:<br>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) | 1/2 ounce = 50%     | 3/4 ounce = 50%     | 1 ounce = 50%     | 1 ounce = 50%     |

<sup>1</sup> Must serve all five 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.

<sup>3</sup> 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.

<sup>4</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.

<sup>5</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>6</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>7</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.

<sup>8</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 with the exception of sweet crackers (e.g., graham crackers of any shape and animal crackers).

<sup>9</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.