

**Missouri Department of Health & Senior Services**

Child & Adult Care Food Program

Snack Food Chart for Ages 1-18

| Meal Components & Food Items <sup>1</sup>   | Ages  |   |  |
|---|---|---|--|
|   | 1-5   | 6-12  | 13-18 <sup>2</sup><br>(At-Risk Afterschool Programs and Emergency Shelters)    |
| <b>Fluid Milk<sup>3</sup></b>   | 1 year old: Unflavored whole<br>2-5 year old: 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.)   | 1 cup (8 oz.)   | 1 cup (8 oz.)  |
| <b>Meat/Meat Alternate</b>  | ½ oz. eq.   | 1 oz. eq.   | 1 oz. eq.  |
| Lean meat, poultry, fish; <b>or</b>   | ½ oz.   | 1 oz.   | 1 oz.  |
| Cheese; <b>or</b>   | ½ oz.   | 1 oz.   | 1 oz.  |
| Large egg; <b>or</b>  | ½ egg   | ½ egg   | ½ egg  |
| Tofu, soy products, alternate protein product <sup>4</sup> ; <b>or</b>  | ½ oz.   | 1 oz.   | 1 oz.  |
| Cooked dry beans, peas, or lentils; <b>or<sup>5</sup></b>   | ⅓ cup   | ¼ cup   | ¼ cup  |
| Yogurt, plain or flavored unsweetened or sweetened <sup>6</sup> <b>or</b> ;                                   | ¼ cup (2 oz.)   | ½ cup (4 oz.)   | ½ cup (4 oz.)  |
| Peanut butter, soy nut butter, other nut or seed butter; <b>or</b>  | 1 tbsp.   | 2 tbsp.   | 2 tbsp.  |
| Peanuts, soy nuts, tree nuts, seeds   | ½ ounce   | 1 ounce   | 1 ounce  |
| <b>Vegetable<sup>5, 7</sup></b>   |   |   |  |
| Vegetable   | ½ cup   | ¾ cup   | ¾ cup  |
| <b>Fruit<sup>7</sup></b>  |   |   |  |
| Fruit   | ½ cup   | ¾ cup   | ¾ cup  |
| <b>Grains<sup>8</sup></b>   |   |   |  |
| Whole grain-rich or enriched bread; <b>or</b>   | ½ oz. eq. (14 g)  | 1 oz. eq. (28 g)  | 1 oz. eq. (28 g)   |
| Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; <b>or</b>                          | ½ oz. eq.   | 1 oz. eq.   | 1 oz. eq.  |
| Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>9</sup> , cereal grain, pasta; <b>or</b> | 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>9</sup>                                      | Flakes or Rounds<br>Granola<br>Puffed Cereal  | ½ oz. eq. (½ cup, 14 g)<br>½ oz. eq. (⅓ cup, 14 g)<br>½ oz. eq. (¾ cup, 14 g) | 1 oz. eq. (1 cup, 28 g)<br>1 oz. eq. (¼ cup, 28 g)<br>1 oz. eq. (1¼ cup, 28 g) |

- 1 Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.
- 2 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.
- 3 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.
- 4 Alternate protein products must meet the requirements in CFR Appendix A to Part 226.
- 5 Cooked dry beans, peas, and lentils may credit as either a vegetable or as a meat alternate, but not as both in the same meal. Immature beans and peas, such as green beans, wax beans, and green peas credit as a vegetable only; they do not credit as a meat alternate.
- 6 Yogurt must contain no more than 12 grams (g) of added sugars per 6 ounces.
- 7 Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- 8 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).
- 9 Breakfast cereals must contain no more than 6 grams (g) of added sugar per dry ounce.