

**Missouri Department of Health & Senior Services**

Child & Adult Care Food Program

Snack 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	4 ounces	8 ounces	8 ounces
<b>Vegetable<sup>6</sup></b>				
Vegetable	½ cup	½ cup	¾ cup	¾ cup
<b>Fruit<sup>6</sup></b>				
Fruit	½ cup	½ cup	¾ cup	¾ cup
<b>Grains<sup>7</sup></b>				
Whole grain-rich or enriched bread; <b>or</b>	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; <b>or</b>	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>8</sup> , cereal grain, pasta; <b>or</b>	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat cereal <sup>8</sup>	¼ cup	⅓ cup	¾ cup	¾ cup
<b>Meat/Meat Alternate</b>				
Lean meat, poultry, fish; <b>or</b>	½ ounce	½ ounce	1 ounce	1 ounce
Cheese; <b>or</b>	½ ounce	½ ounce	1 ounce	1 ounce
Large egg; <b>or</b>	½ egg	½ egg	½ egg	½ egg
Tofu, soy products, alternate protein product <sup>4</sup> ; <b>or</b>	½ ounce	½ ounce	1 ounce	1 ounce
Cooked dry beans, peas; <b>or</b>	⅓ cup	⅓ cup	¼ cup	¼ cup
Yogurt, plain or unflavored unsweetened or sweetened <sup>5</sup> ; <b>or</b> :	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup
Peanut butter, soy nut butter, other nut or seed butter; <b>or</b>	1 tbsp.	1 tbsp.	2 tbsp.	2 tbsp.
Peanuts, soy nuts, tree nuts, seeds	½ ounce	½ ounce	1 ounce	1 ounce

<sup>1</sup> Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

<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> 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>8</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.