

Missouri Department of Health & Senior Services
 Child & Adult Care Food Program
 Adult Food Chart

Breakfast¹²	
Fluid Milk¹	
Unflavored/flavored low-fat (1%) or fat-free (skim) milk	1 cup (8 oz.)
Vegetables, Fruits, or portions of both ²	½ cup
Grains ^{3, 4}	
Whole grain-rich or enriched bread; or	2 oz. eq.
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or	2 oz. eq.
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁵ , cereal grain, pasta; or	2 oz. eq.
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal ⁵	2 oz. eq.
Lunch/Supper¹³	
Fluid Milk^{1, 6}	
Unflavored/flavored low-fat (1%) or fat-free (skim) milk	1 cup (8 oz.)
Meat/Meat Alternate – 2 oz. eq.	
Lean meat, poultry, fish; or	2 oz.
Cheese; or	2 oz.
Large egg; or	1 egg
Tofu, soy products, alternate protein product ⁷ ; or	2 oz.
Cooked beans, peas, or lentils ¹⁰ ; or	½ cup
Yogurt, plain, flavored, unsweetened or sweetened ⁸ or ;	1 cup (8 oz.)
Peanut butter, soy nut butter, other nut or seed butter; or	4 tbsp.
Peanuts, soy nuts, tree nuts, seeds	2 oz.
Vegetable ²	½ cup
Fruit ^{2, 9}	½ cup
Grains ³	
Whole grain-rich or enriched bread; or	2 oz. eq.
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or	2 oz. eq.
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁵ , cereal grain, or pasta	2 oz. eq.
Snack¹¹	
Fluid Milk¹	
Unflavored/flavored low-fat (1%) or fat-free (skim) milk	1 cup (8 oz.)
Meat/Meat Alternate – 1 oz. eq.	
Lean meat, poultry, fish; or	1 oz.
Cheese; or	1 oz.
Large egg; or	½ egg
Tofu, soy products, alternate protein product ⁷ ; or	1 oz.
Cooked beans, peas, or lentils ¹⁰ ; or	¼ cup
Yogurt, plain or flavored, unsweetened or sweetened ⁸ or ;	½ cup (4 oz.)
Peanut butter, soy nut butter, other nut or seed butter; or	2 tbsp.
Peanuts, soy nuts, tree nuts, seeds	1 oz.
Vegetable ²	½ cup
Fruit ²	½ cup
Grains ³	
Whole grain-rich or enriched bread; or	1 oz. eq.
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or	1 oz. eq.
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁵ , cereal grain, pasta; or	1 oz. eq.
Whole grain-rich, enriched or fortified ready-to-eat cereal ⁵	1 oz. eq.

- ¹ Must be unflavored or flavored fat-free (skim) or low-fat (1%) milk. Six ounces (weight) or $\frac{3}{4}$ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.
- ² Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- ³ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement, with the exception of sweet crackers (e.g., graham crackers of any shape and animal crackers).
- ⁴ Meat/meat alternates may be used to meet the entire grains requirement, a maximum of three times a week. One ounce of meat /meat alternates is equal to one ounce equivalent of grains.
- ⁵ Breakfast cereals must contain no more than 6 grams (g) of added sugar per dry ounce.
- ⁶ A serving of fluid milk is optional for suppers served to adult participants.
- ⁷ Alternate protein products must meet the requirements in Appendix A to Part 226.
- ⁸ Yogurt must contain no more than 12 grams (g) of added sugars per 6 ounces.
- ⁹ 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.
- ¹⁰ Cooked beans, peas, and lentils may credit as either a vegetable or 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.
- ¹¹ Select 2 of the 5 components for a reimbursable snack. Only one of the two components may be a beverage.
- ¹² Select all 3 components for a reimbursable breakfast meal.
- ¹³ Select all 5 components for a reimbursable lunch/supper meal.