

Missouri Department of Health & Senior Services
Child & Adult Care Food Program
At-Risk Afterschool Program Food Chart for Ages 6-18

Meal Components & Food Items¹		Snack²	Supper¹⁰
Fluid Milk			
Unflavored/flavored low-fat (1%) or fat-free (skim)		1 cup (8 oz.)	1 cup (8 oz.)
Meat/Meat Alternate⁷		1 oz. eq.	2 oz. eq.
Lean meat , poultry, fish; or		1 oz. eq.	2 oz.
Cheese; or		1 oz.	2 oz.
Eggs; or		½ large egg	1 large egg
Tofu, soy products, alternate protein product; or		1 oz.	2 oz.
Cooked dry beans, peas, or lentils ⁹ ; or		¼ cup	½ cup
Yogurt ⁴ ; or		½ cup (4 oz.)	1 cup (8 oz.)
Peanut, soy nut, other nut or seed butters; or		2 tablespoons	4 tablespoons
Peanuts, soy nuts, tree nuts, seeds;		1 oz.	2 oz.
Vegetable^{3, 9}			
Vegetable		¾ cup	½ cup
Fruit^{3, 5}			
Fruit		¾ cup	¼ cup
Grains^{6, 10}			
Whole grain-rich or enriched bread; or		1 oz. eq. (28 gm.)	1 oz. eq. (28 gm.)
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or		1 oz. eq.	1 oz. eq.
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, pasta; or		1 oz. eq. (½ cup-cooked, 28 gm.-dry)	1 oz. eq. (½ cup-cooked, 28 gm.-dry)
Whole grain-rich, enriched or fortified ready-to-eat cereal ⁸	Flakes or Rounds Granola Puffed Cereal	1 oz. eq. (1 cup, 28 gm.) 1 oz. eq. (¼ cup, 28 gm.) 1 oz. eq. (1 ¼ cup, 28 gm.)	Ready-to-eat cereal is not reimbursable at supper.

1. To meet their nutritional needs, children 13 through 18 may need to be served larger portion sizes than specified.
2. Select 2 of the 5 components for a reimbursable snack. Only one of the two components may be a beverage.
3. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
4. Yogurt may be plain or flavored, unsweetened or sweetened, but must contain no more than 12 grams of added sugars per 6 ounces.
5. 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. Fruit cannot be used to meet the vegetable requirement.
6. All grains must be made with whole grain or enriched meal or flour. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement with the exception of sweet crackers (e.g., graham crackers of any shape and animal crackers).
7. Alternate protein products must meet the requirements in Appendix A to Part 226.
8. Breakfast cereals must contain no more than 6 grams of added sugar per dry ounce.
9. 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.
10. Adult participants (over 18 years of age) must be served a minimum of 2 oz. eq. of grains at breakfast, lunch, and supper meals.

Offer versus serve is an option for At-Risk Afterschool participants.

For breakfast or lunch served on weekends or holidays, please refer to the corresponding food chart at www.health.mo.gov/cacfp.

This institution is an equal opportunity provider.

CACFP May 2025

Missouri Department of Health & Senior Services

Child & Adult Care Food Program

Breakfast Food Chart for Ages 1-18

**At-Risk Afterschool Weekends and
Holidays**

Meal Components & Food Items¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18^{2, 8}
Fluid Milk³	1 year old: Unflavored Whole, 2 year old: Unflavored low-fat (1%) or Unflavored fat-free (skim)	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.)	¾ cup (6 oz.)	1 cup (8 oz.)	1 cup (8 oz.)
Vegetables/Fruits				
Vegetables, fruits or portions of both ⁴	¼ cup	½ cup	½ cup	½ cup
Grains^{5, 6, 8}				
Whole grain-rich or enriched bread; or	½ oz. eq. (14 gm.)	½ oz. eq. (14 gm.)	1 oz. eq. (28 gm.)	1 oz. eq. (28 gm.)
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, pasta; or	½ oz. eq. (¼ cup-cooked, 14 gm.-dry)	½ oz. eq. (¼ cup-cooked, 14 gm.-dry)	1 oz. eq. (½ cup-cooked, 28 gm.-dry)	1 oz. eq. (½ cup-cooked, 28 gm.-dry)
Whole grain-rich, enriched or fortified ready-to-eat cereal ⁷				
Flakes or Rounds	½ oz. eq. (½ cup, 14 gm.)		1 oz. eq. (1 cup, 28 gm.)	
Granola	½ oz. eq. (⅓ cup, 14 gm.)		1 oz. eq. (¼ cup, 28 gm.)	
Puffed Cereal	½ oz. eq. (¾ cup, 14 gm.)		1 oz. eq. (1¼ cup, 28 gm.)	

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 for At-Risk Afterschool Programs and Emergency Shelters.

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%), flavored fat-free (skim), or flavored low-fat (1%) 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 equivalent of meat and meat alternates is equal to one ounce equivalent of grains.

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

8 Adult participants (over 18 years of age) must be served a minimum of 2 oz. eq. of grains at breakfast, lunch, and supper meals.

Missouri Department of Health & Senior Services

Child & Adult Care Food Program

Lunch & Supper Food Chart for Ages 1-18

**At-Risk Afterschool Weekends and
Holidays**

Meal Components & Food Items ¹	Ages			
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ^{2,11}
Fluid Milk³	1 year old: Unflavored Whole, 2 year old: Unflavored low-fat (1%) or Unflavored fat-free (skim)	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.)	¾ cup (6 oz.)	1 cup (8 oz.)	1 cup (8 oz.)
Meat/Meat Alternate	1 oz. eq.	1½ oz. eq.	2 oz. eq.	2 oz. eq.
Lean meat, poultry, fish; or	1 oz.	1½ oz.	2 oz.	2 oz.
Cheese; or	1 oz.	1½ oz.	2 oz.	2 oz.
Large egg; or	½ egg	¾ egg	1 egg	1 egg
Tofu, soy products, alternate protein product ⁴ ; or	1 oz.	1½ oz.	2 oz.	2 oz.
Cooked dry beans, peas, or lentils ⁵ ; or ,	¼ cup	⅜ cup	½ cup	½ cup
Yogurt, plain or flavored unsweetened or sweetened ⁶ or ;	½ cup (4 oz.)	¾ cup (6 oz.)	1 cup (8 oz.)	1 cup (8 oz.)
Peanut butter, soy nut butter, other nut or seed butter; or	2 tbsp.	3 tbsp.	4 tbsp.	4 tbsp.
Peanuts, soy nuts, tree nuts, seeds	1 oz.	1½ oz.	2 oz.	2 oz.
Vegetable^{5, 7, 8}				
Vegetable	⅔ cup	¼ cup	½ cup	½ cup
Fruit^{7, 8}				
Fruit	⅔ cup	¼ cup	½ cup	½ cup
Grains^{9, 11}				
Whole grain-rich or enriched bread; or	½ oz. eq. (14 gm.)	½ oz. eq. (14 gm.)	1 oz. eq. (28 gm.)	1 oz. eq. (28 gm.)
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, or pasta	½ oz. eq. (¼ cup-cooked, 14 gm.-dry)	½ oz. eq. (¼ cup-cooked, 14 gm.-dry)	1 oz. eq. (½ cup-cooked, 28 gm.-dry)	1 oz. eq. (½ cup-cooked, 28 gm.-dry)

- 1 Must serve all five 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 for At-Risk Afterschool Programs and Emergency Shelters.
- 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%), 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 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 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 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.
- 9 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).
- 10 Breakfast cereals must contain no more than 6 grams of added sugar per dry ounce.
- 11 Adult participants (over 18 years of age) must be served a minimum of 2 oz. eq. of grains at breakfast, lunch, and supper meals.