

Missouri Department of Health & Senior Services

Child & Adult Care Food Program

Breakfast Food Chart for Ages 1-18

Meal Components & Food Items ¹	Ages			
	1-2	3-5	6-12	13-18 ^{2, 8} (At-Risk Afterschool Programs and Emergency Shelters)
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 g)	½ oz. eq. (14 g)	1 oz. eq. (28 g)	1 oz. eq. (28 g)
Whole grain-rich or enriched bread product, such as a 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 g -dry)	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 ⁷				
Flakes or Rounds	½ oz. eq. (½ cup, 14 g)		1 oz. eq. (1 cup, 28 g)	
Granola	½ oz. eq. (⅓ cup, 14 g)		1 oz. eq. (¼ cup, 28 g)	
Puffed Cereal	½ oz. eq. (¾ cup, 14 g)		1 oz. eq. (1¼ cup, 28 g)	

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 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 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, except for 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 (g) 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.