

Missouri Department of Health & Senior Services

Child & Adult Care Food Program

Snack Food Chart for Ages 1-18

Meal Components & Food Items ¹		Ages		
		1-5	6-12	13-18 ² (At-Risk Afterschool Programs and Emergency Shelters)
Fluid Milk³		1 year old: Unflavored whole 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.)
Meat/Meat Alternate		½ oz. eq.	1 oz. eq.	1 oz. eq.
Lean meat, poultry, fish; or		½ oz.	1 oz.	1 oz.
Cheese; or		½ oz.	1 oz.	1 oz.
Large egg; or		½ egg	½ egg	½ egg
Tofu, soy products, alternate protein product ⁴ ; or		½ oz.	1 oz.	1 oz.
Cooked dry beans, peas, or lentils; or ⁵		⅓ cup	¼ cup	¼ cup
Yogurt, plain or flavored unsweetened or sweetened ⁶ or ;		¼ cup (2 oz.)	½ cup (4 oz.)	½ cup (4 oz.)
Peanut butter, soy nut butter, other nut or seed butter; or		1 tbsp.	2 tbsp.	2 tbsp.
Peanuts, soy nuts, tree nuts, seeds		½ ounce	1 ounce	1 ounce
Vegetable^{5, 7}				
Vegetable		½ cup	¾ cup	¾ cup
Fruit⁷				
Fruit		½ cup	¾ cup	¾ cup
Grains⁸				
Whole grain-rich or enriched bread; or		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; or		½ oz. eq.	1 oz. eq.	1 oz. eq.
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, pasta; or		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 ⁹	Flakes or Rounds Granola Puffed Cereal	½ oz. eq. (½ cup, 14 g) ½ oz. eq. (⅓ cup, 14 g) ½ oz. eq. (¾ cup, 14 g)	1 oz. eq. (1 cup, 28 g) 1 oz. eq. (¼ cup, 28 g) 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.