

Missouri Department of Health & Senior Services

Child & Adult Care Food Program Adult Food Chart

Breakfast¹²

Fluid Milk¹

Meal Components & Food Items	Amount
Unflavored/flavored whole, reduced-fat, low-fat, or fat-free milk	1 cup (8 oz.)

Fruits^{2,9} and Vegetables²

Meal Components & Food Items	Amount
Vegetables, fruits, or portions of both ²	½ cup

Grains^{3,4}

Meal Components & Food Items	Amount
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 cereal⁵	2 oz. eq.
Flakes or Rounds	2 cups, 56 oz.
Granola	½ cup, 56 oz.
Puffed Cereal	2 ½ cups, 56 oz.

Lunch/Supper¹³

Fluid Milk^{1,6}

Meal Components & Food Items	Amount
Unflavored/flavored whole, reduced-fat, low-fat, or fat-free milk	1 cup (8 oz.)

Meat/Meat Alternate – 2 oz. eq.

Meal Components & Food Items	Amount
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.

Vegetables²

Meal Components & Food Items	Amount
Vegetables ²	½ cup

Fruits^{2,9}

Meal Components & Food Items	Amount
Fruits ²	½ cup

Grains³

Meal Components & Food Items	Amount
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**

Meal Components & Food Items	Amount
Unflavored/flavored whole, reduced-fat, low-fat, or fat-free milk	1 cup (8 oz.)

Meat/Meat Alternate – 1 oz. eq.

Meal Components & Food Items	Amount
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.

Vegetables²

Meal Components & Food Items	Amount
Vegetable ²	½ cup

Fruits^{2,9}

Meal Components & Food Items	Amount
Fruit ²	½ cup

Grains³

Meal Components & Food Items	Amount
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 whole, reduced-fat, low-fat, or fat-free 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. Cultured buttermilk may also be served.
- 2 Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including a 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. Breakfast cereals are traditionally served as breakfast menu items, so it is best practice to avoid serving them at lunch or supper.
- 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.