

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

Fluid Milk

Meal Components & Food Items¹	Snack²	Supper¹⁰
Unflavored/flavored whole, reduced-fat, low-fat, or fat-free milk	1 cup (8 oz.)	1 cup (8 oz.)

Meat/Meat Alternate⁷

Meal Components & Food Items¹	Snack²	Supper¹⁰
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.

Vegetables^{3, 9}

Meal Components & Food Items¹	Snack²	Supper¹⁰
Vegetables	¾ cup	½ cup

Fruits^{3, 5}

Meal Components & Food Items¹	Snack²	Supper¹⁰
Fruits	¾ cup	¼ cup

Grains^{6, 10}

Meal Components & Food Items¹	Snack²	Supper¹⁰
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 cereal⁸	1 oz. eq.	1 oz. eq.
Flakes or Rounds	1 cup, 28 g	1 cup, 28 g
Granola	¼ cup, 28 g	¼ cup, 28 g
Puffed Cereal	1 ¼ cup, 28 g	1 ¼ cup, 28 g

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 grain 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. Breakfast cereals are traditionally served as breakfast menu items, so it is best practice to avoid serving them at lunch or supper.
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 on the MO DHSS CACFP webpage.