

Missouri Department of Health & Senior Services

Child & Adult Care Food Program

Lunch & Supper Food Chart for Ages 1-18

Fluid Milk

Meal Components & Food Items ¹	1-2 years old	3-5 years old	6-12 years old	13-18 years old ^{2,11}
Fluid Milk³	1 year old: Unflavored whole milk; 2-year-old: Unflavored whole, reduced-fat, low-fat, or fat-free milk	Unflavored whole, reduced-fat, low-fat, or fat-free milk	Unflavored or flavored whole, reduced-fat, low-fat, or fat-free milk	Unflavored or flavored whole, reduced-fat, low-fat, or fat-free milk
Milk	½ cup (4 oz.)	¾ cup (6 oz.)	1 cup (8 oz.)	1 cup (8 oz.)

Meat/Meat Alternate

Meal Components & Food Items ¹	1-2 years old	3-5 years old	6-12 years old	13-18 years old ^{2,11}
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.

Vegetables^{5, 7, 8}

Meal Components & Food Items ¹	1-2 years old	3-5 years old	6-12 years old	13-18 years old ^{2,11}
Vegetable	⅛ cup	¼ cup	½ cup	½ cup

Fruits^{7, 8}

Meal Components & Food Items ¹	1-2 years old	3-5 years old	6-12 years old	13-18 years old ^{2,11}
Fruit	⅛ cup	¼ cup	¼ cup	¼ cup

Grains^{9,11}

Meal Components & Food Items ¹	1-2 years old	3-5 years old	6-12 years old	13-18 years old ^{2,11}
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 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 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 ¹⁰	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.

- 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 whole, reduced-fat, low-fat, or fat-free milk for children two to five years old. Must be unflavored or flavored whole, reduced-fat, low-fat, or fat-free milk for children six years old and older. Cultured buttermilk may be served if it meets the required fat standards.
- 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 sugars 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.
- 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