

Missouri Department of Health & Senior Services

Child & Adult Care Food Program

Snack Food Chart for Ages 1-18

Fluid Milk

Meal Components & Food Items ¹	1-5 years old	6-12 years old	13-18 years old ²
Fluid Milk³	1 year old: Unflavored whole 2-5 year old: 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.)	1 cup (8 oz.)	1 cup (8 oz.)

Meat/Meat Alternate

Meal Components & Food Items ¹	1-5 years old	6-12 years old	13-18 years old ²
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	⅛ 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

Vegetables^{5, 7}

Meal Components & Food Items ¹	1-5 years old	6-12 years old	13-18 years old ²
Vegetable	½ cup	¾ cup	¾ cup

Fruits⁷

Meal Components & Food Items ¹	1-5 years old	6-12 years old	13-18 years old ²
Fruit	½ cup	¾ cup	¾ cup

Grains⁸

Meal Components & Food Items ¹	1-5 years old	1-5 years old	13-18 years old ²
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 cereal⁹;	½ oz. eq.	1 oz. eq.	1 oz. eq.
Flakes or Rounds	½ cup, 14 g	1 cup, 28 g	1 cup, 28 g
Granola	⅞ cup, 14 g	¼ cup, 28 g	¼ cup, 28 g
Puffed Cereal	¾ cup, 14 g	1¼ cup, 28 g	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 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 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 toward the grain component, except for 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.