

Missouri Department of Health and Senior Services – Community Food and Nutrition Assistance
Food Chart – Summer Food Service Program

Breakfast

Item	Amount
Fluid Milk	1 cup (8 fluid ounces) ¹
Vegetable or Fruit or Juice	½ cup
Bread, or (next 4 rows)	1 slice
Cold Dry Cereal	¾ cup or 1 ounce ²
Cornbread, Biscuits, Rolls, Muffins, etc.	1 serving
Cooked Cereal or Cereal Grains	½ cup
Pasta, Cooked Noodles	½ cup

Lunch or Supper

Item	Amount
Fluid Milk	1 cup (8 fluid ounces) ³
Meat, Poultry, Fish, Cheese, or (next 5 rows)	2 ounces
Egg	1 large egg
Cooked Dry Beans, Peas, Lentils ⁴	½ cup
Peanut Butter or other Nut Butters	4 tablespoons
Peanuts, Soy Nuts, Tree Nuts	2 ounces
Yogurt, plain or sweetened, flavored	8 ounces or 1 cup
Vegetables and/or Fruits (must serve at least two different varieties)	¾ cup total ⁵
Grain/Breads	1 serving/1 slice

Snack⁶

Item	Amount
Fluid Milk	1 cup (8 fluid ounces) ¹
Vegetable or Fruit or Juice	¾ cup
Meat or Meat Alternate	1 ounce
Grain/Bread	1 serving

1. Serve as a beverage, or on cereal, or use part of it for each purpose.
2. Either volume (cup) or weight (ounces), whichever is less.
3. Must be served as a beverage.
4. 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 component only; they do not credit as a meat alternate.
5. Serve two or more kinds. Full-strength juice may be counted to meet not more than one-half of this requirement.
6. Serve two food items. Each food item must be from a different food component. Juice may not be served when milk is served as the only other component.

Note: All grain/bread items must be enriched or whole grain, made from enriched or whole grain meal or flour, or if it is a cereal, the product must be whole grain, enriched, or fortified. Bran and germ are credited the same as enriched or whole grain meal or flour.