

# Child and Adult Care Food Program



CHILDREN

Ages:

1-2

3-5

6-12

## Breakfast

1 Fluid Milk	1/2 cup	3/4 cup	1 cup
1 Vegetable/Fruit	1/4 cup	1/2 cup	1/2 cup
1 Grain/Bread or Meat/meat alt.			
• Bread/biscuit/Roll/Muffin	1/2 serving	1/2 serving	1 serving
• Cold Dry Cereal (flakes or rounds)	1/2 cup	1/2 cup	1 cup
• Hot Cooked Cereal	1/4 cup	1/4 cup	1/2 cup
• Meat/meat alt. (limit 3 X per/week)	1/4 cup (2 oz.)	1/4 cup (2 oz.)	1/2 cup (4 oz.)

## Lunch/Supper

1 Fluid Milk	1/2 cup	3/4 cup	1 cup
1 Fruit /Vegetable	1/8 cup	1/4 cup	1/4 cup
1 Vegetable	1/8 cup	1/4 cup	1/2 cup
1 Grain/Bread			
• Bread	1/2 slice	1/2 slice	1 slice
• Biscuit/Roll/Muffin/Cornbread	1/2 serving	1/2 serving	1 serving
• Pasta/Noodles/Grains	1/4 cup	1/4 cup	1/2 cup
1 Meat/Meat Alternate			
• Meat/Poultry/Fish	1 oz.	1 1/2 oz.	2 oz.
• Cheese	1 oz.	1 1/2 oz.	2 oz.
• Large Egg	1/2 egg	3/4 egg	1 egg
• Cooked Dry Beans or Peas	1/4 cup	3/8 cup	1/2 cup
• Peanut Butter or Nut/Seed Butters	2 Tbsp.	3 Tbsp.	4 Tbsp.
• Tofu	1 oz.	1 1/2 oz.	2 oz.
• Yogurt	1/2 cup	3/4 cup	1 cup

## Snack (Select at least **two different components** from the following five)

1 Fluid Milk	1/2 cup	1/2 cup	1 cup
1 Fruit	1/2 cup	1/2 cup	3/4 cup
1 Vegetable	1/2 cup	1/2 cup	3/4 cup
1 Grain/Bread	1/2 slice or serving	1/2 slice or serving	1 slice or serving
1 Meat/Meat Alternate			
• Cheese	1/2 oz.	1/2 oz.	1 oz.
• Large Egg	1/2 egg	1/2 egg	1/2 egg
• Peanut Butter or Nut/Seed Butters	1 Tbsp.	1 Tbsp.	2 Tbsp.
• Yogurt	1/4 cup	1/4 cup	1/2 cup