

Child and Adult Care Food Program



FOOD CHART



| CHILDREN | Ages: | 1-2 years | 3-5 years | 6-12 years |
|--|-------|-----------|-----------|------------|
| 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 oz. | 1/2 oz | 1 oz |
| • 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) | | 1/2 oz . | 1/2 oz. | 1 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 oz. | 1/2 oz. | 1 oz. |
| • Biscuit/Roll/Muffin/Cornbread | | 1/2 oz. | 1/2 oz. | 1 oz. |
| • 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 oz. | 1/2 oz. | 1 oz. |
| 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 |