

| Breakfast  |                   |                   |                   |                   |
|--|-------------------|-------------------|-------------------|-------------------|
| Must serve milk, vegetable or fruit, and either a grain or meat/meat alternate   |                   |                   |                   |                   |
| Food Components and Food Items   | Ages 1-2          | Ages 3-5          | Ages 6-12         | Ages 13-18        |
| <b>Fluid Milk</b> <ul style="list-style-type: none"> <li>• 1 year olds: Unflavored whole milk</li> <li>• 2-5 year olds: Unflavored 1% or skim</li> <li>• 6-18 year olds: Unflavored or flavored 1% or skim</li> </ul>  | ½ cup<br>(4 oz)   | ¾ cup<br>(6 oz)   | 1 cup<br>(8 oz)   | 1 cup<br>(8 oz)   |
| <b>Vegetables or Fruits</b> (or portions of both) <ul style="list-style-type: none"> <li>• Full-strength juice may only be served to meet the fruit or vegetable requirement at one meal or snack per day</li> </ul>   | ¼ cup             | ½ cup             | ½ cup             | ½ cup             |
| <b>Grains</b> <ul style="list-style-type: none"> <li>• Must be whole grain-rich, enriched, or fortified</li> <li>• At least one serving per day must be whole grain-rich</li> <li>• Grain-based desserts are not creditable (Refer to the <a href="#">CACFP Grains Chart</a>)</li> <li>• Cereals must contain no more than 6 grams of sugar per dry ounce</li> </ul> |                   |                   |                   |                   |
| Bread  | ½ slice           | ½ slice           | 1 slice           | 1 slice           |
| Bread products such as biscuits, rolls, or muffins<br><i>Refer to the <a href="#">CACFP Grains Chart</a> for options and serving sizes</i>   | ½ serving         | ½ serving         | 1 serving         | 1 serving         |
| <b>Cooked</b> breakfast cereal, cereal grain, rice and/or pasta  | ¼ cup             | ¼ cup             | ½ cup             | ½ cup             |
| <b>Ready-to-eat</b> breakfast cereal (dry, cold)   | ¼ cup             | 1/3 cup           | ¾ cup             | ¾ cup             |
| <b>Meat/Meat Alternates</b> <ul style="list-style-type: none"> <li>• Not required at breakfast, but may be served in place of the entire grain component a maximum of three times per week</li> </ul>  |                   |                   |                   |                   |
| <b>Amounts listed below must be served to meet the m/ma serving size requirements</b>  |                   |                   |                   |                   |
| Lean meat, poultry, or fish  | ½ oz              | ½ oz              | 1 oz              | 1 oz              |
| Cheese (natural and processed; soft and hard)  | ½ oz              | ½ oz              | 1 oz              | 1 oz              |
| Shredded cheese  | (⅛ cup)           | (⅛ cup)           | (¼ cup)           | (¼ cup)           |
| Cottage cheese, ricotta cheese, cheese spread, cheese food<br><i>2 ounces = 1 ounce meat/meat alternate</i>  | ⅛ cup<br>(1 oz)   | ⅛ cup<br>(1 oz)   | ¼ cup<br>(2 oz)   | ¼ cup<br>(2 oz)   |
| Large egg  | ¼ egg             | ¼ egg             | ½ egg             | ½ egg             |
| Cooked dry beans or peas   | ⅛ cup             | ⅛ cup             | ¼ cup             | ¼ cup             |
| Yogurt (regular and soy)<br>- Must contain no more than 23 grams of total sugars per 6 ounces<br>- 4 ounces = 1 ounce meat/meat alternate  | ¼ cup<br>(2 oz)   | ¼ cup<br>(2 oz)   | ½ cup<br>(4 oz)   | ½ cup<br>(4 oz)   |
| Peanut butter, soy nut butter or other nut or seed butters   | 1 Tbsp            | 1 Tbsp            | 2 Tbsp            | 2 Tbsp            |
| Peanuts, soy nuts, tree nuts or seeds  | ½ oz              | ½ oz              | 1 oz              | 1 oz              |
| Tofu (commercially prepared)<br><i>2.2 oz. (1/4 cup) must contain at least 5 grams of protein</i>  | ⅛ cup<br>(1.1 oz) | ⅛ cup<br>(1.1 oz) | ¼ cup<br>(2.2 oz) | ¼ cup<br>(2.2 oz) |
| Soy products (e.g. soy sausage, veggie burgers etc.) or alternate protein products<br><i>Must meet the requirements in <a href="#">Appendix A</a> to Part 226</i>  | ½ oz              | ½ oz              | 1 oz              | 1 oz              |

| Lunch and Supper   |                   |                     |                   |                   |
|--|-------------------|---------------------|-------------------|-------------------|
| All five components required for a reimbursable meal   |                   |                     |                   |                   |
| Food Components and Food Items   | Ages 1-2          | Ages 3-5            | Ages 6-12         | Ages 13-18        |
| <b>Fluid Milk</b> <ul style="list-style-type: none"> <li>1 year olds: Unflavored whole milk</li> <li>2-5 year olds: Unflavored 1% or skim</li> <li>6-18 year olds: Unflavored or flavored 1% or skim</li> </ul>  | ½ cup<br>(4 oz)   | ¾ cup<br>(6 oz)     | 1 cup<br>(8 oz)   | 1 cup<br>(8 oz)   |
| <b>Meat/Meat Alternates</b>  |                   |                     |                   |                   |
| <b>Amounts listed below must be served to meet the m/ma serving size requirements</b>  |                   |                     |                   |                   |
| Lean meat, poultry, or fish  | 1 oz              | 1½ oz               | 2 oz              | 2 oz              |
| Cheese (natural and processed; soft and hard)  | 1 oz              | 1½ oz               | 2 oz              | 2 oz              |
| Shredded cheese  | (¼ cup)           | (3/8 cup)           | (½ cup)           | (½ cup)           |
| Cottage cheese, ricotta cheese, cheese spread, cheese food<br><i>2 ounces = 1 ounce meat/meat alternate</i>  | ¼ cup<br>(2 oz)   | 3/8 cup<br>(3 oz)   | ½ cup<br>(4 oz)   | ½ cup<br>(4 oz)   |
| Large egg  | ½ egg             | ¾ egg               | 1 egg             | 1 egg             |
| Cooked dry beans or peas   | ¼ cup             | 3/8 cup             | ½ cup             | ½ cup             |
| Peanut butter, soy nut butter or other nut or seed butters   | 2 Tbsp            | 3 Tbsp              | 4 Tbsp            | 4 Tbsp            |
| Peanuts, soy nuts, tree nuts or seeds<br>- May be used to meet no more than ½ the M/MA serving size<br>- Combine with another M/MA to meet the full minimum serving size   | ½ oz =<br>50%     | ¾ oz = 50%          | 1 oz = 50%        | 1 oz = 50%        |
| Yogurt (regular and soy)<br>- Must contain no more than 23 grams of total sugars per 6 ounces<br>- 4 ounces = 1 ounce meat/meat alternate  | ½ cup<br>(4 oz)   | ¾ cup<br>(6 oz)     | 1 cup<br>(8 oz)   | 1 cup<br>(8 oz)   |
| Tofu (commercially prepared)<br><i>2.2 oz. (1/4 cup) must contain at least 5 grams of protein</i>  | ¼ cup<br>(2.2 oz) | 3/8 cup<br>(3.3 oz) | ½ cup<br>(4.4 oz) | ½ cup<br>(4.4 oz) |
| Soy products (e.g. soy sausage, veggie burgers etc.) or alternate protein products<br><i>Must meet the requirements in <a href="#">Appendix A</a> to Part 226</i>  | 1 oz              | 1½ oz               | 2 oz              | 2 oz              |
| <b>Vegetables</b> <ul style="list-style-type: none"> <li>Full-strength juice may only be served to meet the fruit or vegetable requirement at one meal or snack per day</li> </ul>   | ⅛ cup             | ¼ cup               | ½ cup             | ½ cup             |
| <b>Fruits</b> <ul style="list-style-type: none"> <li>Full-strength juice may only be served to meet the fruit or vegetable requirement at one meal or snack per day</li> <li>A second vegetable may be served in place of fruit. When served, must serve the minimum fruit serving size.</li> </ul>  | ⅛ cup             | ¼ cup               | ¼ cup             | ¼ cup             |
| <b>Grains</b>  |                   |                     |                   |                   |
| <ul style="list-style-type: none"> <li>Must be whole grain-rich, enriched, or fortified</li> <li>At least one serving per day must be whole grain-rich</li> <li>Grain-based desserts are not creditable (Refer to <a href="#">CACFP Grains Chart</a>)</li> <li>Cereals must contain no more than 6 grams of sugar per dry ounce</li> </ul> |                   |                     |                   |                   |
| Bread  | ½ slice           | ½ slice             | 1 slice           | 1 slice           |
| Bread products, such as biscuits, rolls, or muffins<br><i>Refer to the <a href="#">CACFP Grains Chart</a> for options and serving sizes</i>  | ½ serving         | ½ serving           | 1 serving         | 1 serving         |
| Rice, pasta, grains, and/or cooked cereals   | ¼ cup             | ¼ cup               | ½ cup             | ½ cup             |

| Snack  |                   |                   |                   |                   |
|--|-------------------|-------------------|-------------------|-------------------|
| Must serve 2 of the 5 components. Only 1 of the 2 components may be a beverage.  |                   |                   |                   |                   |
| Food Components and Food Items   | Ages 1-2          | Ages 3-5          | Ages 6-12         | Ages 13-18        |
| <b>Fluid Milk</b> <ul style="list-style-type: none"> <li>• 1 year olds: Unflavored whole milk</li> <li>• 2-5 year olds: Unflavored 1% or skim</li> <li>• 6-18 year olds: Unflavored or flavored 1% or skim</li> </ul>  | ½ cup<br>(4 oz)   | ½ cup<br>(4 oz)   | 1 cup<br>(8 oz)   | 1 cup<br>(8 oz)   |
| <b>Meat/Meat Alternates</b>  |                   |                   |                   |                   |
| Amounts listed below must be served to meet the m/ma serving size requirements   |                   |                   |                   |                   |
| Lean meat, poultry, or fish  | ½ oz              | ½ oz              | 1 oz              | 1 oz              |
| Cheese (natural and processed; soft and hard)  | ½ oz              | ½ oz              | 1 oz              | 1 oz              |
| Shredded cheese  | (⅛ cup)           | (⅛ cup)           | (¼ cup)           | (¼ cup)           |
| Cottage cheese, ricotta cheese, cheese spread, cheese food<br><i>2 ounces = 1 ounce meat/meat alternate</i>  | ⅛ cup<br>(1 oz)   | ⅛ cup<br>(1 oz)   | ¼ cup<br>(2 oz)   | ¼ cup<br>(2 oz)   |
| Large egg  | ½ egg             | ½ egg             | ½ egg             | ½ egg             |
| Cooked dry beans or peas   | ⅛ cup             | ⅛ cup             | ¼ cup             | ¼ cup             |
| Peanut butter, soy nut butter or other nut or seed butters   | 1 Tbsp            | 1 Tbsp            | 2 Tbsp            | 2 Tbsp            |
| Peanuts, soy nuts, tree nuts or seeds  | ½ oz              | ½ oz              | 1 oz              | 1 oz              |
| Yogurt (regular and soy)<br>- <i>Must contain no more than 23 grams of total sugars per 6 ounce</i><br>- <i>4 ounces = 1 ounce meat/meat alternate</i>   | ¼ cup<br>(2 oz)   | ¼ cup<br>(2 oz)   | ½ cup<br>(4 oz)   | ½ cup<br>(4 oz)   |
| Tofu (commercially prepared)<br><i>2.2 oz. (1/4 cup) must contain at least 5 grams of protein</i>  | ⅛ cup<br>(1.1 oz) | ⅛ cup<br>(1.1 oz) | ¼ cup<br>(2.2 oz) | ¼ cup<br>(2.2 oz) |
| Soy products (e.g. soy sausage, veggie burgers etc.) or alternate protein products<br><i>Must meet the requirements in <a href="#">Appendix A</a> to Part 226</i>  | ½ oz              | ½ oz              | 1 oz              | 1 oz              |
| <b>Vegetables</b> <ul style="list-style-type: none"> <li>• Full-strength juice may only be served to meet the fruit or vegetable requirement at one meal or snack per day</li> </ul>   | ½ cup             | ½ cup             | ¾ cup             | ¾ cup             |
| <b>Fruits</b> <ul style="list-style-type: none"> <li>• Full-strength juice may only be served to meet the fruit or vegetable requirement at one meal or snack per day</li> </ul>   | ½ cup             | ½ cup             | ¾ cup             | ¾ cup             |
| <b>Grains</b>  |                   |                   |                   |                   |
| <ul style="list-style-type: none"> <li>• Must be whole grain-rich, enriched, or fortified</li> <li>• At least one serving per day must be whole grain-rich</li> <li>• Grain-based desserts are not creditable (Refer to the <a href="#">CACFP Grains Chart</a>)</li> <li>• Cereals must contain no more than 6 grams of sugar per dry ounce</li> </ul> |                   |                   |                   |                   |
| Bread  | ½ slice           | ½ slice           | 1 slice           | 1 slice           |
| Bread products, such as biscuits, rolls, crackers, or muffins<br><i>Refer to the <a href="#">CACFP Grains Chart</a> for options and serving sizes</i>  | ½ serving         | ½ serving         | 1 serving         | 1 serving         |
| Cooked breakfast cereal, cereal grain, rice and/or pasta   | ¼ cup             | ¼ cup             | ½ cup             | ½ cup             |
| Ready-to-eat breakfast cereal (dry, cold)  | ¼ cup             | 1/3 cup           | ¾ cup             | ¾ cup             |