

# Child and Adult Care Food Program



**Age:** **1-2** **3-5** **6 and older**

## BREAKFAST

• <b>Fluid milk</b>	1/2 cup	3/4 cup	1 cup
• <b>Fruit or vegetable or juice<sup>1</sup></b>	1/4 cup	1/2 cup	1/2 cup
• <b>Bread or grain<sup>2</sup></b>	1/2 slice	1/2 slice	1 slice
	(or 1/2 ounce)	(or 1/2 ounce)	(or 1 ounce)
or cold dry cereal	1/4 cup	1/3 cup	3/4 cup
	(or 1/3 ounce)	(or 1/2 ounce)	(or 1 ounce)
or cooked cereal	1/4 cup	1/4 cup	1/2 cup

## LUNCH/SUPPER

• <b>Fluid milk</b>	1/2 cup	3/4 cup	1 cup
• <b>Meat or poultry or fish</b>	1 ounce	1 1/2 ounces	2 ounces
or cheese	1 ounce	1 1/2 ounces	2 ounces
or cottage cheese, cheese food	2 ounces	3 ounces	4 ounces
or cheese spread	1/4 cup	3/8 cup	1/2 cup
or yogurt	4 ounces	6 ounces	8 ounces
	(or 1/2 cup)	(or 3/4 cup)	(or 1cup)
or egg	1/2 egg	3/4 egg	1 egg
or cooked dry beans or peas	1/4 cup 3	/8 cup	1/2 cup
or peanut butter, soynut butter, nut or seed butters	2 Tablespoons	3 Tablespoons	4 Tablespoons
or peanuts, soynuts, tree nuts or seeds <sup>4</sup> (Cannot exceed 50% of the meat requirement)	1/2 ounce=50%	3/4 ounce=50%	1 ounce=50%
• <b>Fruits and/or vegetables (2 or more)</b>	1/4 cup (Total)	1/2 cup (Total)	3/4 cup (Total)
• <b>Bread or grain<sup>2</sup></b>	1/2 slice	1/2 slice	1 slice
	(or 1/2 ounce)	(or 1/2 ounce)	(or 1 ounce)

## SNACK two of the following four components\*\*\*

• <b>Fluid milk</b>	1/2 cup	1/2 cup	1 cup
• <b>Fruit or vegetable or juice<sup>1,3</sup></b>	1/2 cup	1/2 cup	3/4 cup
• <b>Meat or meat alternate</b>	1/2 ounce	1/2 ounce	1 ounce
or yogurt	2 ounces	2 ounces	4 ounces
	(or 1/4 cup)	(or 1/4 cup)	(or 1/2 cup)
• <b>Bread or grain<sup>2</sup></b>	1/2 slice	1/2 slice	1 slice
	(or 1/2 ounce)	(or 1/2 ounce)	(or 1 ounce)

<sup>1</sup> Use full-strength juice

<sup>2</sup> An equivalent serving of an acceptable bread product such as cornbread, biscuits, rolls, muffins, etc., made of enriched meal or flour or whole grain, or a serving of cooked enriched or whole grain rice or macaroni or pasta products.

<sup>3</sup> For snack, juice may not be served when milk is served as the only other component

<sup>4</sup> Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement. Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.