

# Child and Adult Care Food Program



## FOOD CHART



### Adults

#### Breakfast

1 Fluid Milk	1 cup
1 Vegetable/Fruit	1/2 cup
2 Grain/Bread <i>Oz. Eq. = product weight in grams (g)</i>	<b>2 Oz. Eq.</b>
• Bread	56 g
• Biscuit/Roll/Muffin/Cornbread	56 g/56 g/110 g/68 g
• Cold Dry Cereal (flakes or rounds)	56 g = 2 cups
• Hot Cooked Cereal	1 cup cooked or 56g dry

#### Lunch/Supper

1 Fluid Milk (not required at Supper)	1 cup
1 Fruit (or no fruit and 2 vegetables)	1/2 cup
1 Vegetable	1/2 cup
2 Grain/Bread <i>Oz. Eq. = product weight in grams (g)</i>	<b>2 Oz. Eq.</b>
• Bread	56 g
• Biscuit/Roll/Muffin/Cornbread	56/56/110/68 g
• Pasta or Rice	1 cup cooked or 56 g dry
1 Meat/Meat Alternate	
• Meat/Poultry/Fish	2 oz.
• Cheese	2 oz.
• Large Egg	1 egg
• Cooked Dry Beans or Peas	1/2 cup
• Peanut Butter or Nut/Seed Butters	4 Tbsp.
• Tofu	2 oz.
• Yogurt	1 cup

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

1 Fluid Milk	1 cup
1 Fruit	1/2 cup
1 Vegetable	1/2 cup
1 Grain/Bread ( <i>1/2 the weight required for meals</i> )	<b>1 Oz. Eq.</b>
1 Meat/Meat Alternate	
• Cheese	1 oz.
• Large Egg	1/2 egg
• Peanut Butter or Nut/Seed Butters	2 Tbsp.
• Yogurt	1/2 cup