

Child and Adult Care Food Program



FOOD CHART



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: <i>Oz. Eq. = product weight in grams (g)</i>	1/2 Oz. Eq.	1/2 Oz. Eq.	1 Oz. Eq.
• Bread	14 g	14 g	28 g
• Biscuit/Roll/Muffin/Cornbread	14g/14g/28g/17g	14g/14g/28g/17g	28g/28g/55g/34g
• Cold Dry Cereal (flakes or rounds)	14 g = 1/2 cup	14 g = 1/2 cup	28 g = 1 cup
• Hot Cooked Cereal	1/4 cup cooked or 14 g dry	1/4 cup cooked or 14 g dry	1/2 cup cooked or 28 g dry

Lunch/Supper

1 Fluid Milk	1/2 cup	3/4 cup	1 cup
1 Fruit (or no fruit & 2 vegs.)	1/8 cup	1/4 cup	1/4 cup
1 Vegetable	1/8 cup	1/4 cup	1/2 cup
1 Grain/Bread: <i>Oz. Eq. = product weight in grams (g)</i>	1/2 Oz. Eq.	1/2 Oz. Eq.	1 Oz. Eq.
• Bread	14 g	14 g	28 g
• Biscuit/Roll/Muffin/Cornbread	14g/14g/28g/17g	14g/14g/28g/17g	28g/28g/55g/34g
• Pasta or Rice	1/4 cup cooked or 14 g dry	1/4 cup cooked or 14 g dry	1/2 cup cooked or 28 g dry
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. Eq.	1/2 Oz. Eq.	1 Oz. Eq.
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