



































# CHILD AND ADULT CARE FOOD PROGRAM

Ages: 1 and 2 3 through 5 6 through 12






































## BREAKFAST

 <b>Fluid milk</b>	 1/2 cup	 3/4 cup	 1 cup
 <b>Juice or fruit or vegetable</b>	 1/4 cup	 1/2 cup	 1/2 cup
 <b>Grains/Breads</b>			
Bread: whole grain, bran, germ, or enriched	 1/2 slice*	 1/2 slice*	 1 slice*
Cold dry cereal; whole grain, bran, germ, enriched, or fortified	 1/4 cup (or 1/3 oz)	 1/3 cup (or 1/2 oz)	 3/4 cup (or 1 oz)
Cooked cereal, rice, macaroni and noodle products	 1/4 cup	 1/4 cup	 1/2 cup

## SNACK SELECT TWO OF THE FOLLOWING FOUR COMPONENTS\*\*

 <b>Fluid milk</b>	 1/2 cup	 1/2 cup	 1 cup
 <b>Juice or fruit or vegetable</b>	 1/2 cup	 1/2 cup	 3/4 cup
 <b>Meat or meat alternate</b>	 1/2 ounce	 1/2 ounce	 1 ounce
 <b>Grains/Bread</b>	 1/2 slice*	 1/2 slice*	 1 slice*

## LUNCH/SUPPER

 <b>Fluid milk</b>	 1/2 cup	 3/4 cup	 1 cup
 <b>Meat</b>	 1 ounce	 1 1/2 ounces	 2 ounces
or cheese	 1 ounce	 1 1/2 ounces	 2 ounces
or cottage cheese, cheese food, or cheese spread	 2 ounces (1/4 cup)	 3 ounces (3/8 cup)	 4 ounces (1/2 cup)
or egg, large	 1/2	 3/4	 1
or cooked dry beans or dry peas	 1/4 cup	 3/8 cup	 1/2 cup
or peanut butter, soy nut butter, or nut or seed butters	 2 T.	 3 T.	 4 T.
or peanuts, soy nuts, tree nuts, or seeds	 1/2 oz=50%	 3/4 oz=50%	 1 oz=50%
or yogurt, plain or flavored, unsweetened or sweetened	 4 ounces or 1/2 cup	 6 ounces or 3/4 cup	 8 ounces or 1 cup
<b>or an equivalent quantity of any combination of the above meat/meat alternatives</b>			
 <b>Vegetables and/or fruits</b> (2 or more) 2 separate servings of vegetables and/or fruit	 1/4 cup Total	 1/2 cup Total	 3/4 cup Total
 <b>Grains/Breads</b>	 1/2 slice*	 1/2 slice*	 1 slice*

\* An equivalent serving of an acceptable bread alternate such as cornbread, biscuits, rolls, muffins, pizza crust, etc., made of whole-grain or enriched meal or flour, or a serving of cooked enriched or whole-grain rice or macaroni or other pasta products.  
\*\* For snack, juice may not be served when milk is served as the only other component.

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