

Child & Adult Care Food Program FOOD CHART

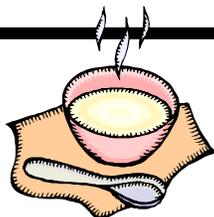
(Effective April 1, 2004)

AGE
1 through 2

AGE
3 through 5

AGE
6 through 12

BREAKFAST



Fluid Milk	½ cup	¾ cup	1 cup
Juice or Fruit or Vegetable	¼ cup	½ cup	½ cup
Bread or Bread Alternate	½ slice	½ slice	1 slice

SNACK (Serve 2)*



Fluid Milk	½ cup	½ cup	1 cup
Juice or Fruit or Vegetable	½ cup	½ cup	¾ cup
Meat or Meat Alternate	½ ounce	½ ounce	1 ounce
Bread or Bread Alternate	½ slice	½ slice	1 slice

LUNCH/SUPPER



Fluid Milk	½ cup	¾ cup	1 cup
Meat or Poultry or Fish or Cheese or	1 ounce	1 ½ ounce	2 ounces
Egg (large) or	½	¾	1
Cooked Dry Beans and Peas or Peanut Butter	¼ cup	⅜ cup	½ cup
Yogurt, plain or flavored	2 tablespoons	3 tablespoons	4 tablespoons
	4 ounces (or ½ cup)	6 ounces (or ¾ cup)	8 ounces (or 1 cup)
Vegetables and/or Fruits (Must serve at least 2 different varieties**)	¼ cup total	½ cup total	¾ cup total
Bread or Bread Alternate	½ slice	½ slice	1 slice

* Juice may not be served if Milk is the only other component at Snack.

** A minimum of ⅛ cup each must be served

Yogurt may also be served for Snack as a meat/meat alternate as follows:

1 through 5 years old: ½ ounce meat/meat alternate=2 ounces or ¼ cup of yogurt

6 through 12 years old: 1 ounce meat/meat alternate=4 ounces or ½ cup of yogurt

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