

	FOOD COMPONENTS	FOOD ITEMS	Required Minimum Quantities		
			Ages 1 and 2	Ages 3-5	Ages 6-12
BREAKFAST <i>All 3 components must be served</i>	Milk	Fat-free ¹ or Low-fat (1%)	1/2 cup	3/4 cup	1 cup
	Vegetable/Fruit	Vegetable or Fruit or 100% Juice ²	1/4 cup	1/2 cup	1/2 cup
	Grains/Breads	Bread <i>or</i>	1/2 slice	1/2 slice	1 slice
		Cornbread, Biscuit, Roll, Muffin <i>or</i>	1/2 serving	1/2 serving	1 serving
		Dry Cereal <i>or</i>	1/4 cup	1/3 cup	3/4 cup
		Cooked Cereal	1/4 cup	1/4 cup	1/2 cup
SNACK <i>Select 2 of 4 components</i> Water must be served with snack if no beverage is provided.	Milk	Fat-free ¹ or Low-fat (1%)	1/2 cup	1/2 cup	1 cup
	Vegetable/Fruit	Vegetable or Fruit or 100% Juice ²	1/2 cup	1/2 cup	3/4 cup
	Grains/Breads (see lists above and below)		1/2 serving	1/2 serving	1 serving
	Meat/Meat Alternate (see list below)	Lean Meat, Poultry or Fish <i>or</i>	1/2 oz.	1/2 oz.	1 oz.
		Peanut Butter <i>or</i>	1 Tbsp.	1 Tbsp.	2 Tbsp.
		Peanuts, Nuts or Seeds <i>or</i>	1/2 oz.	1/2 oz.	1 oz.
		Fat-free or Low-fat Yogurt	1/4 cup	1/4 cup	1/2 cup
LUNCH OR SUPPER <i>All 5 components must be served</i>	Milk	Fat-free ¹ or Low-fat (1%)	1/2 cup	3/4 cup	1 cup
	Vegetables/Fruits	Two Vegetables and/or Fruits	1/4 cup total	1/2 cup total	3/4 cup total
	Grains/Breads (see list above)	Bread <i>or</i>	1/2 slice	1/2 slice	1 slice
		Cooked Pasta, Noodles or Grains <i>or</i>	1/4 cup	1/4 cup	1/2 cup
		6" Tortilla	1/2 tortilla	1/2 tortilla	1 tortilla
	Meat/Meat Alternate	Lean Meat, Poultry or Fish <i>or</i>	1 oz.	1 1/2 oz.	2 oz.
		Cottage Cheese <i>or</i>	1/4 cup	3/8 cup	1/2 cup
		Cheese <i>or</i>	1 oz.	1 1/2 oz.	2 oz.
		Egg <i>or</i>	1/2 large	3/4 large	1 large
		Cooked Dry Beans, Peas or Lentils <i>or</i>	1/4 cup	3/8 cup	1/2 cup
		Peanut Butter <i>or</i>	2 Tbsp.	3 Tbsp.	4 Tbsp.
		Peanuts, Nuts or Seeds <i>or</i>	1/2 oz. = 50%	3/4 oz. = 50%	1 oz. = 50%
		Fat-free or Low-fat Yogurt	1/2 cup	3/4 cup	1 cup

¹Whole milk is required for 1-year-olds. Unflavored milk is required for children younger than 6 years old and recommended for children six and older.

²No more than one serving of juice may be served per day.

Refer to the *Crediting Foods in CACFP* for information about specific meal components.

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