

Child Care Food Program



















FOOD CHART

Age: 1 and 2 years

3 through 5 years

















6 through 12 years

BREAKFAST






































 Fluid milk	 1/2 cup	 3/4 cup	 1 cup
 100% Juice or fruit or vegetable	 1/4 cup	 1/2 cup	 1/2 cup
 Bread or bread alternate	 1/2 slice*	 1/2 slice*	 1 slice*
or cold dry cereal	 1/4 cup (1/3 ounce)	 1/3 cup (1/2 ounce)	 3/4 cup (1 ounce)
or cooked cereal	 1/4 cup	 1/4 cup	 1/2 cup

SNACKS

Select two of the following four components**

 Fluid milk	 1/2 cup	 1/2 cup	 1 cup
 100% Juice or fruit or vegetable	 1/2 cup	 1/2 cup	 3/4 cup
 Meat or meat alternate	 1/2 ounce	 1/2 ounce	 1 ounce
 Bread, bread alternate, or cereal	 1/2 slice*	 1/2 slice*	 1 slice*

LUNCH/SUPPER

 Fluid milk	 1/2 cup	 3/4 cup	 1 cup
 Meat or poultry or fish	 1 ounce	 1 1/2 ounce	 2 ounces
or cheese	 1 ounce	 1 1/2 ounce	 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	 1	 1	 1
or cooked dry beans or peas	 1/4 cup	 3/8 cup	 1/2 cup
or peanut butter, soynut butter or nut or seed butters.	 2 T.	 3 T.	 4 T.
or peanuts, soynuts, tree nuts or seeds	 1/2 ounce = 50%	 3/4 ounce = 50%	 1 ounce = 50%
or yogurt***	 1/2 cup (4 ounces)	 3/4 cup (6 ounces)	 1 cup (8 ounces)
 Vegetables &/or fruits (2 or more)	 1/4 cup Total	 1/2 cup Total	 3/4 cup Total
 Bread or bread alternate	 1/2 slice*	 1/2 slice*	 1 slice*

* or an equivalent serving of an acceptable bread alternate such as cornbread, biscuits, rolls, muffins, 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.

*** or any equivalent quantity of any combination of the above meat/meat alternates.