

Missouri Department of Health & Senior Services
 Child & Adult Care Food Program
 Adult Food Chart

Breakfast¹²	
Fluid Milk¹	
Unflavored low-fat (1%) or Unflavored/flavored fat-free (skim)	1 cup (8 oz.)
Vegetables, Fruits, or portions of both²	½ cup
Grains^{3, 4}	
Whole grain-rich or enriched bread; or	2 oz. eq.
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or	2 oz. eq.
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁵ , cereal grain, pasta; or	2 oz. eq.
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal ⁵	2 oz. eq.
Lunch/Supper¹³	
Fluid Milk^{1, 6}	
Unflavored low-fat (1%) or Unflavored/flavored fat-free (skim)	1 cup (8 oz.)
Meat/Meat Alternate	
Lean meat, poultry, fish; or	2 oz.
Cheese; or	2 oz.
Large egg; or	1 egg
Tofu, soy products, alternate protein product ⁷ ; or	2 oz.
Cooked dry beans, peas; or	½ cup
Yogurt, plain, flavored, unsweetened or sweetened ⁸ or ;	1 cup (8 oz.)
Peanut butter, soy nut butter, other nut or seed butter; or	4 tbsp.
Peanuts, soy nuts, tree nuts, seeds ¹⁰	1 oz.= 50%
Vegetable²	½ cup
Fruit^{2, 9}	½ cup
Grains³	
Whole grain-rich or enriched bread; or	2 oz. eq.
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or	2 oz. eq.
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁵ , cereal grain, or pasta	2 oz. eq.
Snack¹¹	
Fluid Milk¹	
Unflavored low-fat (1%) or Unflavored/flavored fat-free (skim)	1 cup (8 oz.)
Meat/Meat Alternate	
Lean meat, poultry, fish; or	1 oz.
Cheese; or	1 oz.
Large egg; or	½ egg
Tofu, soy products, alternate protein product ⁷ ; or	1 oz.
Cooked dry beans, peas; or	¼ cup
Yogurt, plain or unflavored unsweetened or sweetened ⁸ or ;	½ cup (4 oz.)
Peanut butter, soy nut butter, other nut or seed butter; or	2 tbsp.
Peanuts, soy nuts, tree nuts, seeds ¹⁰	1 oz.
Vegetable²	½ cup
Fruit²	½ cup
Grains³	
Whole grain-rich or enriched bread; or	1 oz. eq.
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or	1 oz. eq.
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁵ , cereal grain, pasta; or	1 oz. eq.
Whole grain-rich, enriched or fortified ready-to-eat cereal ⁵	1 oz. eq.
*** USDA Using Ounce Equivalents for Grains in the CACFP worksheet ***	

- 1 Must be unflavored fat-free (skim), unflavored low-fat (1%), or flavored fat-free (skim) milk. Six ounces (weight) or $\frac{3}{4}$ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.
- 2 Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- 3 At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement with the exception of sweet crackers (e.g., graham crackers of any shape and animal crackers).
- 4 Meat/meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat /meat alternates is equal to one ounce equivalent of grains.
- 5 Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- 6 A serving of fluid milk is optional for suppers served to adult participants.
- 7 Alternate protein products must meet the requirements in Appendix A to Part 226.
- 8 Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- 9 A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
- 10 Nuts and seeds may be used to meet no more than 50% of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch/supper requirement.
- 11 Select 2 of the 5 components for a reimbursable snack. Only one of the two components may be a beverage.
- 12 Select all 3 components for a reimbursable breakfast meal.
- 13 Select all 5 components for a reimbursable lunch/supper meal.