

	FOOD COMPONENTS	FOOD ITEMS	Required Minimum Quantities	
BREAKFAST	Milk¹	Fat-free or Low-fat (1%) Fluid Milk or Yogurt	1 cup	
	Vegetable/Fruit²	Vegetable or Fruit or 100% Juice	1/2 cup	
<i>All 3 components must be served</i>	Grains/Breads	Bread <i>or</i>	2 slices	
		Cornbread or Biscuit or Roll or Muffin <i>or</i>	2 servings	
		Dry Cereal <i>or</i>	1 1/2 cups	
		Cooked Cereal	1 cup	
SNACK	Milk¹	Fat-free or Low-fat (1%) Fluid Milk or Yogurt	1 cup	
	Vegetable/Fruit²	Vegetable or Fruit or 100% Juice	1/2 cup	
<i>Select 2 different components of the 4 listed</i> Water must be served with snack if no beverage is provided.	Grains/Breads (see list above and below)		1 slice or 1 serving	
		Meat/Meat Alternate (see list below)	Lean Meat, Poultry or Fish <i>or</i>	1 oz.
			Cottage Cheese <i>or</i>	1/4 cup
		Fat-free or Low-fat Yogurt	1/2 cup	
LUNCH OR SUPPER	Milk¹	Fat-free or Low-fat (1%) Fluid Milk or Yogurt	1 cup	
	Vegetables/Fruits²	Two Vegetables and/or Fruits	1 cup total	
<i>All 5 components must be served</i>	Grains/Breads	Bread <i>or</i>	2 slices	
		Cornbread or Biscuit or Roll or Muffin <i>or</i>	2 servings	
		Cooked Pasta or Noodles or Grains <i>or</i>	1 cup	
		Graham Crackers	6 squares	
	Meat/Meat Alternate	Lean Meat, Poultry or Fish <i>or</i>	2 oz.	
		Cottage Cheese <i>or</i>	1/2 cup	
		Cheese <i>or</i>	2 oz.	
		Egg <i>or</i>	1 large	
		Cooked Dry Beans, Peas or Lentils <i>or</i>	1/2 cup	
		Peanut Butter <i>or</i>	4 Tbsp.	
Peanuts, Nuts or Seeds <i>or</i>	1 oz. = 50%			
	Fat-free or Low-fat Yogurt	1 cup		

¹Fluid milk must be served one time per day at meal or snack. At Breakfast or Lunch, if milk is not served, yogurt must be served. At Supper, neither milk nor yogurt is required. Unflavored fat-free or low-fat (1%) milk is recommended.

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

Adult refers to an adult day care center participant who is 60 years of age or older or a chronically impaired disabled person 18 years of age and older.

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