

	FOOD COMPONENTS	FOOD ITEMS	Required Minimum Quantities			
			Ages 1 and 2	Ages 3-5	Ages 6-12	
<b>BREAKFAST</b>	<b>Milk</b>	Fat-free <sup>1</sup> or Low-fat (1%)	1/2 cup	3/4 cup	1 cup	
	<b>Vegetable/Fruit</b>	Vegetable or Fruit or 100% Juice <sup>2</sup>	1/4 cup	1/2 cup	1/2 cup	
	<b>Grains/Breads</b>	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		
<i>All 3 components must be served</i>						
<b>SNACK</b>	<b>Milk</b>	Fat-free <sup>1</sup> or Low-fat (1%)	1/2 cup	1/2 cup	1 cup	
	<b>Vegetable/Fruit</b>	Vegetable or Fruit or 100% Juice <sup>2</sup>	1/2 cup	1/2 cup	3/4 cup	
	<b>Grains/Breads</b> (see lists above and below)		1/2 serving	1/2 serving	1 serving	
		<b>Meat/Meat Alternate</b> (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		
<i>Select 2 of 4 components</i>						
<i>Water must be served with snack if no beverage is provided.</i>						
<b>LUNCH OR SUPPER</b>	<b>Milk</b>	Fat-free <sup>1</sup> or Low-fat (1%)	1/2 cup	3/4 cup	1 cup	
	<b>Vegetables/Fruits</b>	Two Vegetables and/or Fruits	1/4 cup total	1/2 cup total	3/4 cup total	
	<b>Grains/Breads</b> (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	
	<b>Meat/Meat Alternate</b>	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	
<i>All 5 components must be served</i>						

<sup>1</sup>Whole 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.

<sup>2</sup>No more than one serving of juice may be served per day.

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