

Breakfast	
Must serve milk, vegetable or fruit, and either a grain or meat/meat alternate	
Food Components and Food Items	Serving Sizes
Fluid Milk <ul style="list-style-type: none"> • Unflavored 1% or skim • Flavored 1% or skim • Yogurt (regular and soy) <ul style="list-style-type: none"> - 6 oz. (weight) or ¾ cup may be served to meet the fluid milk requirement for one meal per day when not served as a meat alternate for that same meal - Must contain no more than 23 grams of total sugars per 6 ounces 	1 cup (8 fluid oz.)
Vegetables or Fruits (<i>or portions of both</i>) <ul style="list-style-type: none"> • Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day 	½ cup
Grains <ul style="list-style-type: none"> • Must be whole grain-rich, enriched, or fortified • At least one serving per day must be whole grain-rich • Grain-based desserts are not creditable (<i>Refer to the CACFP Grains Chart-ADC</i>) • Cereals must contain no more than 6 grams of sugar per dry ounce 	
Bread	2 slices
Bread products such as biscuits, rolls, or muffins <ul style="list-style-type: none"> - Refer to the CACFP Grains Chart-ADC for options and serving sizes 	2 servings
Cooked breakfast cereal, grains, rice and/or pasta	1 cup
Ready-to-eat breakfast cereal (dry, cold)	1½ cups
Meat/Meat Alternates <ul style="list-style-type: none"> • Not required at breakfast, but may be served in place of the entire grain component a maximum of three times per week 	
Lean meat, poultry, or fish	2 oz.
Cheese (natural and processed; soft and hard)	2 oz. (½ cup shredded)
Cottage cheese, ricotta cheese, cheese spread, cheese food	4 oz. (½ cup)
Large egg	1 egg
Cooked dry beans or peas	½ cup
Yogurt (regular and soy) <ul style="list-style-type: none"> - Must contain no more than 23 grams of total sugars per 6 ounces 	1 cup (8 oz.)
Peanut butter, soy nut butter or other nut or seed butters	4 Tbsp
Peanuts, soy nuts, tree nuts or seeds	2 oz.
Tofu (commercially prepared) <ul style="list-style-type: none"> - 2.2 oz. (1/4 cup) must contain at least 5 grams of protein 	½ cup (2.2 oz.)
Soy products (<i>e.g. soy sausage, veggie burgers etc.</i>) or alternate protein products (Must meet the requirements in <i>Appendix A to Part 226</i>)	2 oz.

Lunch and Supper Lunch: Must serve all 5 components Supper: Must serve all 4 required components	
Food Components and Food Items	Serving Sizes
Fluid Milk (Optional for suppers only) <ul style="list-style-type: none"> • Unflavored 1% or skim • Flavored 1% or skim • Yogurt (regular and soy) <ul style="list-style-type: none"> - 6 oz. (weight) or ¾ cup may be served to meet the fluid milk requirement for one meal per day when not served as a meat alternate for that same meal. - Must contain no more than 23 grams of total sugars per 6 ounces 	1 cup (8 fluid oz.)
Meat/Meat Alternates	
Lean meat, poultry, or fish	2 oz.
Cheese (natural and process; soft and hard)	2 oz. (½ cup shredded)
Cottage cheese, ricotta cheese, cheese spread, cheese food	4 oz. (½ cup)
Large egg	1 egg
Cooked dry beans or peas	½ cup
Yogurt (regular and soy) <ul style="list-style-type: none"> - Must contain no more than 23 grams of total sugars per 6 ounces 	1 cup (8 oz.)
Peanut butter, soy nut butter or other nut or seed butters	4 Tbsp
Peanuts, soy nuts, tree nuts or seeds <ul style="list-style-type: none"> - May be used to meet no more than ½ of the meat/meat alternate serving size - Must be combined with another meat/meat alternate to meet the full minimum serving size 	1 oz. = 50%
Tofu (commercially prepared) <ul style="list-style-type: none"> - 2.2 oz. (1/4 cup) must contain at least 5 grams of protein 	½ cup (2.2 oz.)
Soy products (e.g. soy sausage, veggie burgers etc.) or alternate protein products (Must meet the requirements in <i>Appendix A to Part 226</i>)	2 oz.
Vegetables <ul style="list-style-type: none"> • May replace the fruit component, but must offer two different vegetables • Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day 	½ cup
Fruits <ul style="list-style-type: none"> • Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day 	½ cup
Grains	
<ul style="list-style-type: none"> • Must be whole grain-rich, enriched, or fortified • At least one serving per day must be whole grain-rich • Grain-based desserts are not creditable (Refer to the CACFP Grains Chart-ADC) • Cereals must contain no more than 6 grams of sugar per dry ounce 	
Bread	2 slices
Bread products such as biscuits, rolls, and muffins <ul style="list-style-type: none"> - Refer to the CACFP Grains Chart-ADC for options and serving sizes 	2 servings
Rice, pasta, grains, and cooked cereals	1 cup

Snack Must serve 2 of the 5 components. Only 1 of the 2 components may be a beverage.	
Food Components and Food Items	Serving Sizes
Fluid Milk <ul style="list-style-type: none"> • Unflavored 1% or skim • Flavored 1% or skim • Yogurt (regular and soy) <ul style="list-style-type: none"> - 6 oz. (weight) or ¾ cup may be served to meet the fluid milk requirement for one meal per day when not served as a meat alternate for that same meal. - Must contain no more than 23 grams of total sugars per 6 ounces 	1 cup (8 fluid oz.)
Meat/Meat Alternates	
Lean meat, poultry, or fish	1 oz.
Cheese (natural and processed; soft and hard)	1 oz. (¼ cup shredded)
Cottage cheese, ricotta cheese, cheese spread, cheese food	2 oz. (¼ cup)
Large egg	½ egg
Cooked dry beans or peas	¼ cup
Yogurt (regular and soy) <ul style="list-style-type: none"> - Must contain no more than 23 grams of total sugars per 6 ounces 	½ cup (4 oz.)
Peanut butter, soy nut butter or other nut or seed butters	2 Tbsp
Peanuts, soy nuts, tree nuts or seeds	1 oz
Tofu (commercially prepared) <ul style="list-style-type: none"> - 2.2 oz. (1/4 cup) must contain at least 5 grams of protein 	¼ cup (1.1 oz.)
Soy products (e.g. soy sausage, veggie burgers etc.) or alternate protein products (Must meet the requirements in <i>Appendix A to Part 226</i>)	1 oz.
Vegetables <ul style="list-style-type: none"> • Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day 	½ cup
Fruits <ul style="list-style-type: none"> • Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day 	½ cup
Grains	
<ul style="list-style-type: none"> • Must be whole grain-rich, enriched, or fortified • At least one serving per day must be whole grain-rich • Grain-based desserts are not creditable (<i>Refer to the CACFP Grains Chart-ADC</i>) • Cereals must contain no more than 6 grams of sugar per dry ounce 	
Bread	1 slice
Bread products such as biscuits, rolls, and muffins <ul style="list-style-type: none"> - Refer to the CACFP Grains Chart-ADC for options and serving sizes 	1 serving
Rice, pasta, grains, and cooked cereals	½ cup
Ready-to-eat breakfast cereal (dry, cold)	¾ cup