

	FOOD COMPONENTS	FOOD ITEMS	REQUIRED MINIMUM QUANTITIES
BREAKFAST	Milk¹	Fat-free or Low-fat (1%) Fluid Milk or Yogurt	1 cup
<i>All 3 components must be served</i>	Vegetables/Fruits²	Vegetable or Fruit or 100% Juice	1/2 cup
	Grains/Breads	Bread <i>or</i>	2 slices
		Dry Cereal <i>or</i> Cooked Cereal	1 1/2 cups 1 cup
SNACK	Milk¹	Fat-free or Low-fat (1%) Fluid Milk or Yogurt	1 cup
<i>Select 2 different components of the 4 listed</i> Water must be served with snack if no beverage is provided.	Vegetables/Fruits²	Vegetable or Fruit or 100% Juice	1/2 cup
	Grains/Breads (see list above and below)		1 slice or 1 serving
	Meat/Meat Alternates (see list below)	Lean Meat, Poultry or Fish <i>or</i>	1 oz.
		Cottage Cheese <i>or</i> Fat-free or Low-fat Yogurt	1/4 cup 1/2 cup
LUNCH OR SUPPER	Milk¹	Fat-free or Low-fat (1%) Fluid Milk or Yogurt	1 cup
<i>All 5 components must be served</i>	Vegetables/Fruits²	Two Vegetables and/or Fruit ³	1 cup total
	Grains/Breads	Bread <i>or</i>	2 slices
		Cornbread, Biscuit or Roll <i>or</i>	2 servings
		Cooked Pasta, Noodles or Grains <i>or</i>	1 cup
		6" Tortilla	2 tortillas
	Meat/Meat Alternates	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.

³CACFP recommends serving two vegetables or one vegetable and one fruit.

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.

This institution is an equal opportunity provider.