

CHILD AND ADULT CARE FOOD PROGRAM




























FOOD CHART

9/2016

Utah State Board of Education





















BREAKFAST

SERVE ALL 3 COMPONENTS

	1 and 2	3 through 5	6 – 12
 Fluid Milk (1 year olds-whole milk, age 2 and up-skim or 1%)	 ½ cup	 ¾ cup	 1 cup
 Fruit or vegetable or both	 ¼ cup	 ½ cup	 ½ cup
 Grains: bread, roll, muffin, biscuit (no ³ or ⁴ on grain chart) (whole grain, whole grain-rich or enriched, 1 serving=1ounce)	 ½ slice  ½ serving	 ½ slice  ½ serving	 1 slice  1 serving
Cooked cereal, grains, pasta: (whole grain, whole grain-rich, enriched or fortified (cereal))	 ¼ cup	 ¼ cup	 ½ cup
Ready-to-eat cereal (dry, cold): (whole grain-rich, enriched, or fortified) (no more than 6 grams sugar per dry ounce)			
Flakes or rounds	 ½ cup	 ½ cup	 1 cup
Puffed	 ¾ cup	 ¾ cup	 1 ¼ cup
Granola	 1/8 cup	 1/8 cup	 ¼ cup













































SNACK

SELECT TWO OF THE 5 COMPONENTS

	1 and 2	3 through 5	6 – 12
 Fluid Milk (1 year olds-whole milk, age 2 and up-skim or 1%) (only 1 beverage per snack allowed)	 ½ cup	 ½ cup	 1 cup
 Meat or meat alternate (see lunch/dinner for options)	 ½ ounce	 ½ ounce	 1 ounce
 Vegetable	 ½ cup	 ½ cup	 3/4 cup
 Fruit	 ½ cup	 ½ cup	 3/4 cup
 Grains: whole grain, whole grain-rich, enriched (see breakfast) Breads, grains, cereal, pasta products, see breakfast requirements	 ½ slice	 ½ slice	 1 slice

LUNCH/SUPPER

SERVE ALL 5 COMPONENTS

	1 and 2	3 through 5	6 – 12
 Fluid milk (1 year olds-whole milk, age 2 and up-skim or 1%)	 ½ cup	 ¾ cup	 1 cup
 Meat or meat alternate (lean meat, poultry, fish)	 1 ounce	 1 ½ ounce	 2 ounces
Tofu (firm/extra firm only, must be commercially prepared) (each 2.2 ounces must contain 5 grams of protein)	 2.2 ounce (¼ cup)	 3.3 ounce (3/8 cup)	 4.4 ounces (½ cup)
Cheese	 1 ounce	 1½ ounces	 2 ounces
Cottage cheese	 2 ounces (¼ cup)	 3 ounces (3/8 cup)	 4 ounces (½ cup)
Egg (large)	 ½ egg	 ¾ egg	 1 egg
Cooked dry beans or peas	 ¼ cup	 3/8 cup	 ½ cup
Peanut butter or other nut or seed butters	 2 Tbsp.	 3 Tbsp.	 4 Tbsp.
Peanuts, soy nuts, tree nuts, or seeds (can only meet up to ½ of the requirement)	 ½ oz. = 50%	 ¾ oz. = 50%	 1 oz. = 50%
Yogurt (milk or soy based: commercially prepared: plain, sweetened, or flavored) (no more than 23 grams sugar per 6 ounces)	 ½ cup (4 oz.)	 ¾ cup (6 oz.)	 1 cup (8 oz.)
 Vegetables: (may serve 2 different vegetables to meet requirements)	 1/8 cup (2 T)	 ¼ cup	 ½ cup
 Fruits: (no more than 1 per meal)	 1/8 cup	 ¼ cup	 ½ cup
 Grains: whole grain, whole grain-rich, enriched (see breakfast) Breads, grains, cereal, pasta products, see breakfast requirements	 ½ slice	 ½ slice	 1 slice

* Breakfast: Meat/meat alternates may replace the grain ounce for ounce up to 3 times a week.

* Grain: At least one whole grain or whole-grain rich (first grain is whole, rest is enriched) must be served each day. No grain-based deserts (³ or ⁴ on grain chart).

* Milk: Unflavored for 1-2 and 3-5 year olds. Unflavored 1% or skim, or flavored skim for 6 years and up.

* Juice must be 100% juice and pasteurized, and may only be served at one meal per day, including snack, to meet the vegetable/fruit component