

CACFP - MEAL CHART FOR AGES 6 AND UP AT RISK

Ages 6-12 SNACK

(Choose any 2 of the 5)

Ages 6-12 SUPPER/LUNCH

Milk

- 1 % (low-fat) milk or Skim (fat-free) milk only



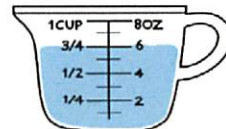
1 Cup = 8 OZ



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Vegetables

- Leafy vegetables - double the serving



3/4 Cup = 6 OZ

Leafy = 1 1/2 Cup

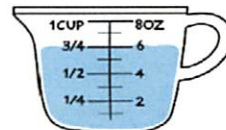


1/2 Cup = 4 OZ

Leafy = 1 Cup

Fruit

- Dried fruits- serve half of the portion (raisins, apricots, prunes, cranberries)



3/4 Cup = 6 OZ

Dried = 3/8 Cup

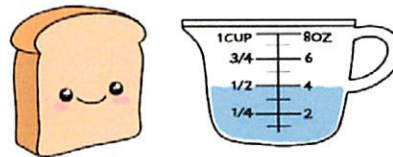


1/4 Cup = 2 OZ

Dried = 1/8 Cup

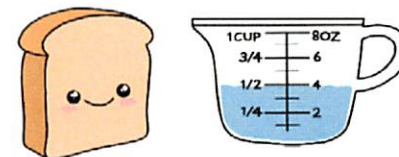
Breads/Grains

- 1 Serving per day across all meals must be Whole Grain Rich (WGR)
- Breakfast Cereals must contain no more than 6 grams of sugar per dry ounce
- Dry Cereal



1 Slice or 1/2 cup - 1 oz eq*

Granola	Flakes or Rounds	Puffed
1/4 Cup	1 Cup	1 1/4 Cup



1 Slice or 1/2 Cup - 1 oz eq*

Dry Cereal NOT Approved

Meat/Meat Alternates

- Yogurt must not contain more than 23 grams of total sugar per 6 oz

1 Ounce Weight

Cooked Meat/Beans = 1/4 Cup
Nut Butter = 2 Tbsp
Yogurt = 1/2 Cup
Large Egg = 1/2 Egg
Nuts and Seeds = 1/2 OZ

2 Ounces Weight

Cooked Meat/Beans = 1/2 Cup
Nut Butter = 4 Tbsp
Yogurt = 1 Cup
Large Egg = 1 Egg
Nuts and Seeds = 1 OZ (only credits as 1/2)