| Child and Adult Care Food Program Lunch and Supper <br> [Select the appropriate components for a reimbursable meal] |  |  |  |  |  |  |  |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Minimum quantities |  |  |  |  |  |  |

## Endnotes:

${ }^{1}$ Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool and adult participants.
${ }^{2}$ Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
${ }^{3}$ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent fat or less) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored or flavored fat-free (skim) or low-fat ( 1 percent fat or less) milk for children 6 years old and older and adults. For adult participants, 6 ounces (weight) or $3 / 4$ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.
${ }^{4} \mathrm{~A}$ serving of fluid milk is optional for suppers served to adult participants.
${ }^{5}$ Alternate protein products must meet the requirements in Appendix A to Part 226 of this chapter.
${ }^{6}$ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
${ }^{7}$ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
${ }^{8} \mathrm{~A}$ vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
${ }^{9}$ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.
${ }^{10}$ Refer to FNS guidance for additional information on crediting different types of grains.
${ }^{11}$ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

