## Child and Adult Care Food Program Lunch and Supper [Select the appropriate components for a reimbursable meal]

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	Minimum quantities				
				Ages 13-18 <sup>2</sup> (at-risk afterschool programs and	
Food components and food items <sup>1</sup>	Agos 1.2	A gos 3 5	A gos 6 12	emergency sholtors)	Adult
Fluid Milk <sup>3</sup>	Ages 1-2 4 fluid	Ages 3-5 6 fluid	<b>Ages 6-12</b> 8 fluid	shelters) 8 fluid	<b>participants</b> 8 fluid
Tulu Ivilik	ounces	ounces	ounces	ounces	ounces <sup>4</sup>
Meat/meat alternates (edible portion as served):	ounces			ounces	
Lean meat, poultry, or fish	1 ounce	1 ½ ounces	2 ounces	2 ounces	2 ounces
Tofu, soy products, or alternate protein products <sup>5</sup>	1 ounce	1½ ounces	2 ounces	2 ounces	2 ounces
Cheese	1 ounce	1½ ounces	2 ounces	2 ounces	2 ounces
Large egg	1/2	3/4	1	1	1
Cooked dry beans or peas	1/4 cup	<sup>3</sup> / <sub>8</sub> cup	<sup>1</sup> / <sub>2</sub> cup	<sup>1</sup> / <sub>2</sub> cup	<sup>1</sup> / <sub>2</sub> cup
Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp	4 Tbsp
Yogurt, plain or flavored unsweetened or sweetened <sup>6</sup>	4 ounces or ½ cup	6 ounces or <sup>3</sup> / <sub>4</sub> cup	8 ounces or 1 cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement:					
Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	<sup>1</sup> / <sub>2</sub> ounce = 50%	<sup>3</sup> / <sub>4</sub> ounce = 50%	1 ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables <sup>7 8</sup>	¹⁄8 cup	1/4 cup	½ cup	<sup>1</sup> / <sub>2</sub> cup	<sup>1</sup> / <sub>2</sub> cup
Fruits <sup>7 8</sup>	1/8 cup	1/4 cup	1/4 cup	1/4 cup	<sup>1</sup> / <sub>2</sub> cup
Grains (oz eq) <sup>9 10 11</sup>	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent	2 ounce equivalents

## **Endnotes:**

- <sup>1</sup> Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool and adult participants.
- <sup>2</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
- <sup>3</sup> 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 <sup>3</sup>/<sub>4</sub> 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.
- <sup>4</sup> A serving of fluid milk is optional for suppers served to adult participants.
- <sup>5</sup> Alternate protein products must meet the requirements in Appendix A to Part 226 of this chapter.
- <sup>6</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- <sup>7</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- <sup>8</sup> 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.
- <sup>9</sup> 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.
- <sup>10</sup> Refer to FNS guidance for additional information on crediting different types of grains.
- <sup>11</sup> 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).