

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 and 13-18

 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 and 13-18

 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	 ¾ cup
 Fruit	 ½ cup	 ½ cup	 ¾ 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 and 13-18

 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

CACFP INFANT MEAL PATTERN

INFANT FOOD CHART

11/2016

Utah State Board of Education

BREAKFAST, LUNCH AND SUPPER	0-5 MONTHS	6 MONTHS TO 1 ST BIRTHDAY
Breast Milk or Iron Fortified Formula Or portions of both 	4-6 ounces	6-8 ounces
Vegetables or Fruits 		0-4 Tbsp. Vegetable or Fruit or both
Meat or Meat Alternate <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;">  Dry infant cereal </div> <div style="width: 50%;">  Cooked dry peas (lentils) </div> <div style="width: 50%;">  Meat </div> <div style="width: 50%;">  Cooked dry beans </div> <div style="width: 50%;">  Fish </div> <div style="width: 50%;">  Cheese </div> <div style="width: 50%;">  Poultry </div> <div style="width: 50%;">  Cottage cheese </div> <div style="width: 50%;">  Whole egg </div> <div style="width: 50%;">  Yogurt </div> </div>		Choose at least one of the following: 0-4 Tbsp of: (1) Dry infant cereal (2) Meat (3) Fish (4) Poultry (5) Whole egg (6) Cooked dry peas (7) Cooked dry beans OR (8) 0-2 ounces cheese (9) 0-4 ounces (0-8 T) cottage cheese (10) 0-8 ounces (8oz=1c) yogurt
SNACK	0-5 MONTHS	6 MONTHS TO 1 ST BIRTHDAY
Breast Milk or Iron Fortified Formula Or portions of both 	4-6 ounces	2-4 ounces
Vegetable or Fruit 		0-2 Tbsp Vegetable or Fruit or both
Whole Grain, Whole Grain-rich, or Enriched Bread or Crackers, Dry infant cereal or Ready-to-eat cereal <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  Crusty Bread </div> <div style="text-align: center;">  Cracker </div> <div style="text-align: center;">  Dry infant cereal </div> <div style="text-align: center;">  Ready-to-eat cereal </div> </div>		Choose one: (1) 0 - ½ slice of crusty bread (2) 0-2 crackers (3) 0 - 4 Tbsp (1/4 c) dry infant cereal or ready-to-eat breakfast cereal

* Breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, may be served less than the minimum amount of breastmilk, with additional breastmilk offered at a later time .
 * All foods (other than formula or breast milk) must be served as soon as the infant is developmentally ready. Infants should be receiving what they normally eat at home (item must be creditable for the food program).
 * Infant formula and dry infant cereal must be iron fortified.
 * Only fluid formula is creditable. Infant cereal must be made with formula.
 * Yogurt must contain no more than 23 grams of total sugars per 6 ounces. *1 ounce of yogurt or cottage cheese = 2 Tablespoons.
 * Juice, whether fruit or vegetable, must not be served.
 * Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.