



FP Assistance
Feeding the Future

CACFP - BREAKFAST

Ages 1-2

Ages 3-5

Ages 6-12

Milk

- 1 Year olds **must have whole milk only**
- 2 and up **must have 1% (low-fat) milk or skim (fat-free) milk only**










Vegetables or Fruit

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

Meat/Meat Alternatives (Optional)

- Can replace the entire grain item a maximum of 3 times for week

 <p>1/2 Cup = 4 OZ</p>	 <p>3/4 Cup = 6 OZ</p>	 <p>1 Cup = 8 OZ</p>
 <p>1/4 Cup = 2 OZ Applesauce = 3/8 Cup = 3 OZ</p>	 <p>1/2 Cup = 4 OZ Applesauce = 3/4 Cup = 6 OZ</p>	 <p>1/2 Cup = 4 OZ Applesauce = 3/4 Cup = 6 OZ</p>
 <p>1/2 Slice or 1/4 Cup = 2 OZ</p>	 <p>1/2 Slice or 1/4 Cup = 2 OZ</p>	 <p>1 Slice or 1/2 Cup = 4 OZ</p>
<p>1/2 ounce weight Cooked meat/beans = 1/8 Cup Peanut butter = 1 TBSP Yogurt = 1/4 Cup Large egg = 1/2 egg</p>	<p>1/2 ounce weight Cooked meat/beans = 1/8 Cup Peanut butter = 1 TBSP Yogurt = 1/4 Cup Large egg = 1/2 egg</p>	<p>1 ounce weight Cooked meat/beans = 1/4 cup Peanut butter = 2 TBSP Yogurt = 1/2 Cup Large egg = 1/2 egg</p>



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CACFP - LUNCH OR SUPPER

Ages 1-2

Ages 3-5

Ages 6-12

Milk

- 1 Year olds **must have whole milk only**
- 2 and up **must have 1% (low-fat) milk or skim (fat-free) milk only**

Vegetables













Fruit

Grains

- 1 serving per day across all meals must be Whole Grain Rich (WGR)

Meat/Meat Alternate

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

 1/2 Cup = 4 OZ	 3/4 Cup = 6 OZ	 1 Cup = 8 OZ
 1/8 Cup = 1 OZ	 1/4 Cup = 2 OZ	 1/2 Cup = 4 OZ
 1/8 Cup = 1 OZ Applesauce = 1/4 Cup = 2 OZ	 1/4 Cup = 2 OZ Applesauce = 3/8 Cup = 3 OZ	 1/4 Cup = 2 OZ Applesauce = 3/8 Cup = 3 OZ
 1/2 Slice or 1/4 Cup = 2 OZ	 1/2 Slice or 1/4 Cup = 2 OZ	 1 Slice or 1/2 Cup = 4 OZ
1 ounce weight Cooked Meat/Beans = 1/4 Cup Peanut butter = 2 TBSP Yogurt = 1/2 Cup = 4 OZ Large Egg = 1/2 Egg	1½ ounces weight Cooked Meat/Beans = 3/8 Cup Peanut butter = 3 TBSP Yogurt = 3/4 Cup = 6 OZ Large Egg = 3/4 Egg	2 ounces weight Cooked Meat/Beans = 1/2 Cup Peanut butter = 4 TBSP Yogurt = 1 Cup = 8 OZ Large Egg = 1 Egg



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Choose any 2 of the 5 to make a complete snack

CACFP – AM or PM SNACK

Milk

- 1 Year olds **must have whole milk only**
- 2 and up **must have 1% (low-fat) milk or skim (fat-free) milk only**

Vegetables














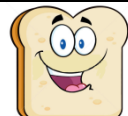

Fruit

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

Meat/Meat Alternates

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

Ages 1-2	Ages 3-5	Ages 6-12
 1/2 Cup = 4 OZ	 1/2 Cup = 4 OZ	 1 Cup = 8 OZ
 1/2 Cup = 4 OZ	 1/2 Cup = 4 OZ	 3/4 Cup = 6 OZ
 1/2 Cup = 4 OZ Applesauce = 3/4 Cup = 6 OZ	 1/2 Cup = 4 OZ Applesauce = 3/4 Cup = 6 OZ	 3/4 Cup = 6 OZ Applesauce = 1 Cup = 8 OZ
  1/2 slice or 1/4 Cup	  1/2 slice or 1/4 Cup	  1 Slice or 1/2 Cup
Meat 1/2 ounce weight Cooked meat/beans = 1/8 Cup Peanut butter = 1 TBSP Yogurt = 1/4 Cup Large egg = 1/2 egg	Meat 1/2 ounce weight Cooked meat/beans = 1/8 Cup Peanut butter = 1 TBSP Yogurt = 1/4 Cup Large egg = 1/2 egg	Meat 1 ounce weight Cooked meat/beans = 1/4 cup Peanut butter = 2 TBSP Yogurt = 1/2 Cup Large egg = 1/2 egg