



**FP Assistance**  
Feeding the Future

**At Risk**

## **CACFP – Meal Chart for ages 6 and Up**

Choose any 2 of the 5 to make a complete snack

### **Milk**

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

### **Vegetables**

### **Fruit**

### **Breads/Grains**

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

### **Meat/Meat Alternates**

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

### **Ages 6-12 SNACK**



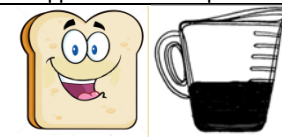
1 Cup = 8 OZ



3/4 Cup total = 6 OZ



3/4 Cup = 6 OZ  
Applesauce = 1 Cup = 8 OZ



1 slice or 1/2 Cup

1 ounce weight  
Cooked Meat/Beans = 1/4 Cup  
Peanut Butter = 2 Tbsp  
Yogurt = 1/2 Cup