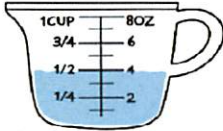
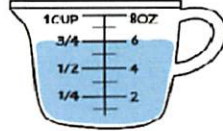


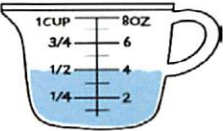
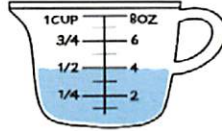
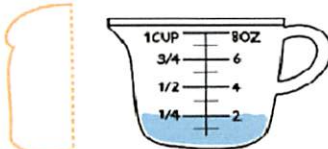
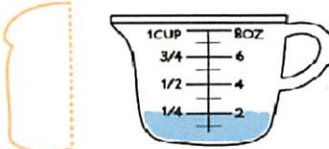
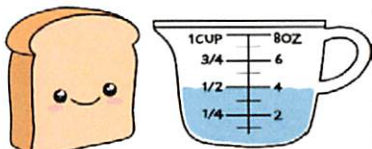
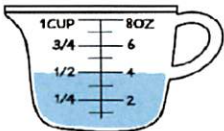
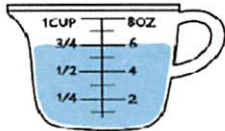
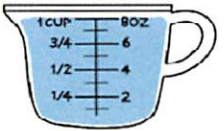

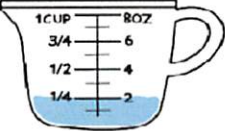
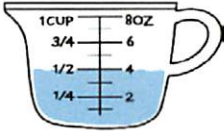


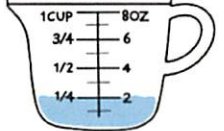


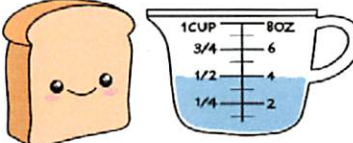


CACFP - BREAKFAST

	Ages 1 - 2	Ages 3 - 5	Ages 6 - 12																		
<p>Milk</p> <ul style="list-style-type: none"> • 1 Year olds <u>must have whole milk only</u> • 2 and up <u>must have 1%</u> (low-fat) milk or <u>skim</u> (fat-free) milk only 	 <p>1/2 Cup = 4 OZ</p>	 <p>3/4 Cup = 6 OZ</p>	 <p>1 Cup = 8 OZ</p>																		
<p>Vegetables or Fruit</p> <ul style="list-style-type: none"> • Dried fruits- serve half of the portion (raisins, apricots, prunes, cranberries) 	 <p>1/4 Cup = 2 OZ Dried Fruit = 1/8 Cup</p>	 <p>1/2 Cup = 4 OZ Dried Fruit = 1/4 Cup</p>	 <p>1/2 Cup = 4 OZ Dried Fruit = 1/4 Cup</p>																		
<p>Grains</p> <ul style="list-style-type: none"> • 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 • Dry Cereal 	 <p>1/2 Slice or 1/4 Cup - 1/2 oz eq*</p> <table border="0"> <tr> <td>Granola</td> <td>Flakes or Rounds</td> <td>Puffed</td> </tr> <tr> <td>1/8 Cup</td> <td>1/2 Cup</td> <td>3/4 Cups</td> </tr> </table>	Granola	Flakes or Rounds	Puffed	1/8 Cup	1/2 Cup	3/4 Cups	 <p>1/2 Slice or 1/4 Cup - 1/2 oz eq*</p> <table border="0"> <tr> <td>Granola</td> <td>Flakes or Rounds</td> <td>Puffed</td> </tr> <tr> <td>1/8 Cup</td> <td>1/2 Cup</td> <td>3/4 Cups</td> </tr> </table>	Granola	Flakes or Rounds	Puffed	1/8 Cup	1/2 Cup	3/4 Cups	 <p>1 Slice or 1/2 Cup - 1 oz eq*</p> <table border="0"> <tr> <td>Granola</td> <td>Flakes or Rounds</td> <td>Puffed</td> </tr> <tr> <td>1/4 Cup</td> <td>1 Cup</td> <td>1 1/4 Cups</td> </tr> </table>	Granola	Flakes or Rounds	Puffed	1/4 Cup	1 Cup	1 1/4 Cups
Granola	Flakes or Rounds	Puffed																			
1/8 Cup	1/2 Cup	3/4 Cups																			
Granola	Flakes or Rounds	Puffed																			
1/8 Cup	1/2 Cup	3/4 Cups																			
Granola	Flakes or Rounds	Puffed																			
1/4 Cup	1 Cup	1 1/4 Cups																			
<p>Meat/Meat Alternates (Optional)</p> <ul style="list-style-type: none"> • Can replace the entire grain item a maximum of 3 times a week • Yogurt must not contain more than 23 grams of total sugar per 6 oz 	<p>1/2 Ounce Weight</p> <p>Cooked Meat/Beans = 1/8 Cup Nut Butter = 1 Tbsp Yogurt = 1/4 Cup Large Egg = 1/2 Egg Nuts and Seeds = 1/2 OZ</p>	<p>1/2 Ounce Weight</p> <p>Cooked Meat/Beans = 1/8 Cup Nut Butter = 1 Tbsp Yogurt = 1/4 Cup Large Egg = 1/2 Egg Nuts and Seeds = 1/2 OZ</p>	<p>1 Ounce Weight</p> <p>Cooked Meat/Beans = 1/4 Cup Nut Butter = 2 Tbsp Yogurt = 1/2 Cup Large Egg = 1/2 Egg Nuts and Seeds = 1 OZ</p>																		

see - Ounce Equivalent Servings - Grains - 1 and Up in Crisp Resources

CACFP - LUNCH OR SUPPER

	Ages 1 - 2	Ages 3 - 5	Ages 6 - 12
<p>Milk</p> <ul style="list-style-type: none"> • 1 Year olds <u>must</u> have whole milk <u>only</u> • 2 and up <u>must</u> have 1% (low-fat) milk or <u>skim</u> (fat-free) milk only 	 <p>1/2 Cup = 4 OZ</p>	 <p>3/4 Cup = 6 OZ</p>	 <p>1 Cup = 8 OZ</p>
<p>Vegetables</p> <ul style="list-style-type: none"> • Leafy vegetables - double the serving → 	 <p>1/8 Cup = 1 OZ Leafy = 1/4 Cup</p>	 <p>1/4 Cup = 2 OZ Leafy = 1/2 Cup</p>	 <p>1/2 Cup = 4 OZ Leafy = 1 Cup</p>
<p>Fruit</p> <ul style="list-style-type: none"> • Dried - serve half of a serving (raisins, apricots, prunes, cranberries) → 	 <p>1/8 Cup = 1 OZ Dried Fruit = 1/8 Cup</p>	 <p>1/4 Cup = 2 OZ Dried Fruit = 1/8 Cup</p>	 <p>1/4 Cup = 2 OZ Dried Fruit = 1/8 Cup</p>
<p>Grains</p> <ul style="list-style-type: none"> • 1 serving per day across all meals must be Whole Grain Rich (WGR) • Dry Cereal - NOT ALLOWED 	 <p>1/2 Slice or 1/4 Cup - 1/2 oz eq*</p>	 <p>1/2 Slice or 1/4 Cup - 1/2 oz eq*</p>	 <p>1 Slice or 1/2 Cup - 1 oz eq*</p>
<p>Meat/Meat Alternates</p> <ul style="list-style-type: none"> • Yogurt must not contain more than 23 grams of total sugar per 6 oz • Nuts and Seeds can only credit 50% of the meat component 	<p>1 Ounce Weight</p> <p>Cooked Meat/Beans = 1/4 Cup Nut Butter = 2 Tbsp Yogurt = 1/2 Cup = 4 OZ Large Egg = 1/2 Egg Nuts and Seeds = 1/2 OZ</p>	<p>1 1/2 Ounces Weight</p> <p>Cooked Meat/Beans = 3/8 Cup Nut Butter = 3 Tbsp Yogurt = 3/4 Cup = 6 OZ Large Egg = 3/4 Egg Nuts and Seeds = 3/4 OZ</p>	<p>2 Ounces Weight</p> <p>Cooked Meat/Beans = 1/2 Cup Nut Butter = 4 Tbsp Yogurt = 1 Cup = 8 OZ Large Egg = 1 Egg Nuts and Seeds = 1 OZ</p>

see - Ounce Equivalent Servings - Grains - 1 and Up in Crisp Resources

CACFP - AM or PM SNACK

Choose any 2 of the 5 to make a complete 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

- Leafy vegetables - double the serving

Fruit

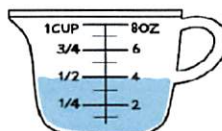
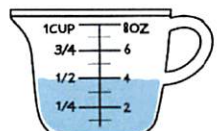

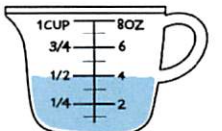

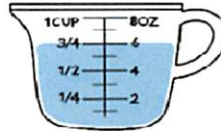



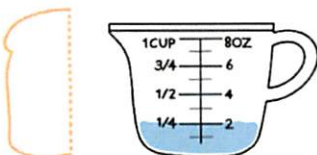
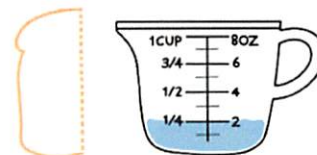
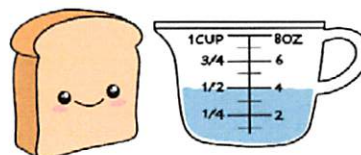
- Dried - serve half of a serving (raisins, apricots, prunes, cranberries)

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
- Dry Cereal

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
Milk	 1/2 Cup = 4 OZ	 1/2 Cup = 4 OZ	 1 Cup = 8 OZ
Vegetables	 1/2 Cup = 4 OZ Leafy = 1 Cup	 1/2 Cup = 4 OZ Leafy = 1 Cup	 3/4 Cup = 6 OZ Leafy = 1 1/2 Cup
Fruit	 1/2 Cup = 4 OZ Dried Fruit = 1/4 Cup	 1/2 Cup = 4 OZ Dried Fruit = 1/4 Cup	 3/4 Cup = 6 OZ Dried Fruit = 3/8 Cup
Grains	 1/2 Slice or 1/4 Cup - 1/2 oz eq* Granola 1/8 Cup Flakes or Rounds 1/2 Cup Puffed 3/4 Cups	 1/2 Slice or 1/4 Cup - 1/2 oz eq* Granola 1/8 Cup Flakes or Rounds 1/2 Cup Puffed 3/4 Cups	 1 Slice or 1/2 Cup - 1 oz eq* Granola 1/4 Cup Flakes or Rounds 1 Cup Puffed 1 1/4 Cup
Meat/Meat Alternates	Meat 1/2 Ounce Weight Cooked Meat/Beans = 1/8 Cup Nut Butter = 1 Tbsp Yogurt = 1/4 Cup Large Egg = 1/2 Egg Nuts and Seeds = 1/2 OZ	Meat 1/2 Ounce Weight Cooked Meat/Beans = 1/8 Cup Nut Butter = 1 Tbsp Yogurt = 1/4 Cup Large Egg = 1/2 Egg Nuts and Seeds = 1/2 OZ	Meat 1 Ounce Weight Cooked Meat/Beans = 1/4 Cup Nut Butter = 2 Tbsp Yogurt = 1/2 Cup Large Egg = 1/2 Egg Nuts and Seeds = 1 OZ

see - Ounce Equivalent Servings - Grains - 1 and Up in Crisp Resources