



FOOD CHART

For required serving amounts for infants up to age 1 year, refer to your handbooks or to program regulations.

Child Care Food Program

Information on this chart provided by the Child and Adult Care Food Program, Alaska Department of Education

	Age 1 - 2	Age 3 - 5	Age 6 - 12
Breakfast			
(one serving from each of the three groups)	1/2 cup	3/4 cup	1 cup
	1/4 cup	1/2 cup	1/2 cup
Snack			
(one serving from each of any two groups)	1/2 slice	1/2 slice	1 slice
	1/2 cup	1/2 cup	1 cup
	1/2 cup	1/2 cup	3/4 cup
	1/2 ounce	1/2 ounce	1 ounce
	1/2 slice	1/2 slice	1 slice
	1/2 cup	3/4 cup	1 cup
Lunch and Dinner			
(one serving from each of the groups plus an additional serving of Fruit and/or Vegetable)	1 ounce	1 1/2 ounce	2 ounces
	1/2 egg	3/4 egg	1 egg
	1/4 cup	3/8 cup	1/2 cup
	2 Tablespoons	3 Tablespoons	4 Tablespoons
	1/2 ounce	3/4 ounce	1 ounce
	4 oz or 1/2 cup	6 oz or 3/4 cup	8 oz or 1 cup
	1/4 cup total	1/2 cup total	3/4 cup total
	1/2 slice	1/2 slice	1 slice

¹ Acceptable bread alternates include cornbread*, biscuits, muffins, etc. made with whole grain or enriched flour; whole grain or enriched cereal, and whole grain or enriched rice, macaroni and other pasta products. *Beginning 7/1/08 Corn meal or corn flour must be labeled as "whole corn" or "enriched" corn to be creditable.

² Nuts and seeds meet only 50% of the meat alternate at lunch or dinner. An additional meat/meat alternate must be served

³ Juice must be 100% juice. Juice may be served at breakfast and snack only