



FOOD CHART

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

AEYC-SEA 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)	Fluid Milk	1/2 cup	3/4 cup	1 cup
	Juice with cold cereal only, Fruit or Vegetable³	1/4 cup	1/2 cup	1/2 cup
	Bread or Bread Alternate¹	1/2 slice	1/2 slice	1 slice
Snack (one serving from each of any two groups)	Fruit or Vegetable³	1/2 cup	1/2 cup	3/4 cup
	Meat or Meat Alternate	1/2 ounce	1/2 ounce	1 ounce
	Bread or Bread Alternate¹	1/2 slice	1/2 slice	1 slice
Lunch and Dinner (one serving from each of the groups plus an additional serving of Fruit and/or Vegetable)	Fluid Milk	1/2 cup	3/4 cup	1 cup
	Meat or Meat Alternate			
	Cheese or Egg or	1 ounce	1 1/2 ounce	2 ounces
	Cooked Dry Beans and Peas or Peanut Butter or other Nut or Seed Butters or Nuts and/or Seeds²	1/2 egg	3/4 egg	1 egg
	Yogurt, plain or flavored	1/4 cup	3/8 cup	1/2 cup
	Fruits and/or Vegetables (2 or more)³	2 Tablespoons	3 Tablespoons	4 Tablespoons
	Bread or Bread Alternate¹	1/2 ounce	3/4 ounce	1 ounce
	Fruits and/or Vegetables (2 or more)³	4 oz or 1/2 cup	6 oz or 3/4 cup	8 oz or 1 cup
	Fruits and/or Vegetables (2 or more)³	1/4 cup total	1/2 cup total	3/4 cup total
	Bread or Bread Alternate¹	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. Corn meal must be labeled as "whole corn" or "enriched" corn to be creditable. Breakfast Cereals must be under 6 gr. of sugar per serving.

² Nuts and seeds and cheese combo items 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 with cold cereal and milk and only at snack three times a week.