

# February 2024 Breakfast & Snack

					Child and Adult Care Food Program Breakfast			
					[Select the appropriate components for a reimbursable meal]			
Mon	Tue	Wed	Thu	Fri	Food components and food items <sup>1</sup>	Minimum quantities		
						Ages 1-2	Ages 3-5	Ages 6-12
			1 AM-tots and toast <b>WGR</b> PM-crackers and cheese	2 AM-waffles, peaches PM-pretzels, juice	Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8 fl oz
			8 AM sausage Pattie, oranges PM-Cheese crackers, mixed fruit	9 <b>WGR</b> AM-cereal, peaches PM Carrots, cottage cheese dip	Vegetables, fruits, or portions of both <sup>4</sup>	1/4 cup	1/2 cup	1/2 cup
5 AM- oatmeal & peaches PM- blueberry crips, applesauce <b>WGR</b>	6 AM-pancakes, applesauce PM-cereal, yogurt <b>WGR</b>	7 AM- Quesadillas, pears <b>WGR</b> PM-graham crackers, applesauce			Grains (oz. eq.) <sup>5 6 7 8</sup>	1/2 ounce equivalent	1/2 ounce equivalent	1 ounce equivalent
12 AM French toast, oranges PM cucumbers and crackers	13 AM-bagels & Apples PM rice cake and Nutella	14 AM muffins, applesauce PM Baked Oatmeal bars & banana <b>WGR</b>	15AM-tots and toast <b>WGR</b> PM- string cheese, crackers	16 AM waffles, peaches PM pretzels, juice	Endnotes:			
19 <i>CLOSED</i>	20 AM- oatmeal & peaches PM-Cheese crackers, mixed fruit <b>WGR</b>	21 AM-pancakes, peaches PM Carrots, cottage cheese dip	22 AM- Quesadillas, pears <b>WGR</b> PM- blueberry crips, applesauce <b>WGR</b>	23 AM sausage Pattie, oranges PM-cereal, yogurt <b>WGR</b>	<sup>1</sup> Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants. <sup>2</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs. <sup>3</sup> Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent fat or less) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored or flavored fat-free (skim) or low-fat (1 percent fat or less) milk for children 6 years old and older and adults. For adult participants, 6 ounces (weight) or 3/4 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal. <sup>4</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day. <sup>5</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement. <sup>6</sup> Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains. <sup>7</sup> Refer to FNS guidance for additional information on crediting different types of grains. <sup>8</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).			
26 <b>WGR</b> AM-cereal, peaches PM-graham crackers, applesauce	27AM French toast, oranges PM-Cheese crackers, mixed fruit	28 AM-bagels & Apples  PM rice cake and Nutella <b>WGR</b>	28 AM-tots and toast <b>WGR</b> PM bread chips & yogurt dip	<b>MENU IS SUBJECT TO CHANGE</b>				

**Child and Adult Care Food  
Program Snack**

[Select two of the five components for a reimbursable meal]

Food components and food items <sup>1</sup>	Minimum Quantities		
	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk <sup>3</sup>	4 fluid ounces	4 fluid ounces	8 fluid ounces
Meat/meat alternates (edible portion as served):			
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce
Tofu, soy products, or alternate protein products <sup>4</sup>	½ ounce	½ ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce
Large egg	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Yogurt, plain or flavored unsweetened or sweetened <sup>5</sup>	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce
Vegetables <sup>6</sup>	½ cup	½ cup	¾ cup
Fruits <sup>6</sup>	½ cup	½ cup	¾ cup
Grains (oz. eq.) <sup>7 8 9</sup>	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent

Endnotes:

<sup>1</sup> Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

<sup>2</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

<sup>3</sup> Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent fat or less) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored or flavored fat-free (skim) or low-fat (1 percent fat or less) milk for children 6 years old and older and adults. For adult participants, 6 ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

<sup>4</sup> Alternate protein products must meet the requirements in Appendix A to part 226 of this chapter.

<sup>5</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>6</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>7</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

<sup>8</sup> Refer to FNS guidance for additional information on crediting different types of grains.

<sup>9</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

# February 2024 Lunch

Mon	Tue	Wed	Thu	Fri
			1 <i>Chicken nuggets, fries, peaches</i>	2 <i>Bean burritos, mixed fruit, corn</i> <b>WGR</b>
5 <i>Spaghetti, green beans, apples</i>	6 <i>Fish, mixed fruit, green beans</i>	7 <i>Chicken noodle casserole, broccoli, peaches</i>	8 <i>Grilled cheese and tomato soup. oranges</i> <b>WGR</b>	9 <i>NATIONAL PIZZA DAY</i> <i>Pizza bagels, corn, pears</i>
12 <i>Bean burritos, apples, corn</i> <b>WGR</b>	<b>13</b> <i>Grilled cheese and tomato soup. oranges</i> <b>WGR</b>	14 <i>Meatball sandwiches, broccoli, peaches</i>	15 <i>Chicken teriyaki, rice, broccoli, mixed fruit</i>	16 <i>Hamburger gravy over mashed potatoes, applesauce, rolls</i> <b>WGR</b>
19 <b>CLOSED</b>	20 <i>Chicken nuggets, fries, peaches</i>	21 <i>Albondigas soup, apples, whole wheat roll</i> <b>WGR</b>	22 <i>Hamburger gravy over mashed potatoes, applesauce, rolls</i> <b>WGR</b>	23 <i>Chicken Pozole green beans, mixed fruit</i>
26 <i>Asian Chicken and broccoli, pears</i>	27 <i>Fish mixed fruit, green beans</i>	28 <i>Chicken noodle casserole, broccoli, peaches</i>	29 <i>Spaghetti, green beans, apples</i>	<i>Milk is served everyday for lunch.</i>  <i>Menu is subject to change</i>

### Child and Adult Care Food Program Lunch and Supper

[Select the appropriate components for a reimbursable meal]

Food components and food items <sup>1</sup>	Minimum quantities				
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> (at-risk afterschool programs and emergency shelters)	Adult participants
Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces <sup>4</sup>
Meat/meat alternates (edible portion as served):					
Lean meat, poultry, or fish	1 ounce	1 1/2 ounces	2 ounces	2 ounces	2 ounces
Tofu, soy products, or alternate protein products <sup>5</sup>	1 ounce	1 1/2 ounces	2 ounces	2 ounces	2 ounces
Cheese	1 ounce	1 1/2 ounces	2 ounces	2 ounces	2 ounces
Large egg	1/2	3/4	1	1	1
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup	1/2 cup	1/2 cup
Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp	4 Tbsp
Yogurt, plain or flavored unsweetened or sweetened <sup>6</sup>	4 ounces or 1/2 cup	6 ounces or 3/4 cup	8 ounces or 1 cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement:					
Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	1/2 ounce = 50%	3/4 ounce = 50%	1 ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables <sup>7,8</sup>	1/8 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Fruits <sup>7,8</sup>	1/8 cup	1/4 cup	1/4 cup	1/4 cup	1/2 cup
Grains (oz eq) <sup>9,10,11</sup>	1/2 ounce equivalent	1/2 ounce equivalent	1 ounce equivalent	1 ounce equivalent	2 ounce equivalents

#### Endnotes:

Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool and adult participants.

Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent fat or less) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored or flavored fat-free (skim) or low-fat (1 percent fat or less) milk for children 6 years old and older and adults.

For adult participants, 6 ounces (weight) or 3/4 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

A serving of fluid milk is optional for suppers served to adult participants.

Alternate protein products must meet the requirements in Appendix A to Part 226 of this chapter.

Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

Refer to FNS guidance for additional information on crediting different types of grains.

Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).