

Historic, Archive Document

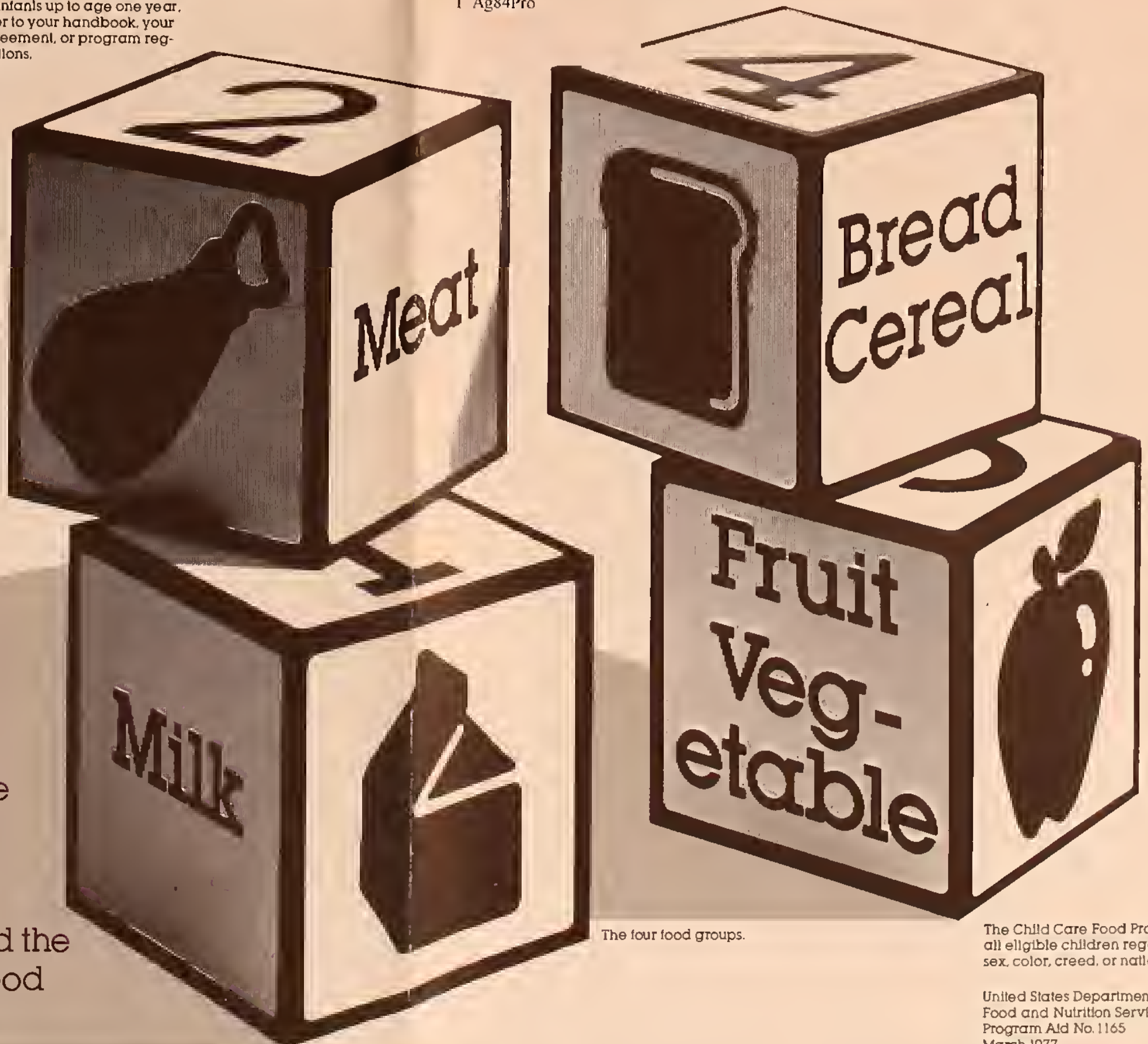
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FOOD CHART Child Care Food Program

		Age 1-3	Age 3-6	Age 6-12
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup
	Juice or Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup
	Bread or	1/2 slice	1/2 slice	1 slice
	Cereal	1/4 cup	1/3 cup	3/4 cup
SNACK (supplemental food)	Milk or			
	Juice or Fruit or Vegetable	1/2 cup	1/2 cup	1 cup
	Bread or	1/2 slice	1/2 slice	1 slice
	Cereal	1/4 cup	1/3 cup	3/4 cup
LUNCH/SUPPER	Milk	1/2 cup	3/4 cup	1 cup
	Meat or Poultry or Fish or	1 ounce	1 1/2 ounces	2 ounces
	Cheese or	1 ounce	1 1/2 ounces	2 ounces
	Eggs or	1	1	1
	Peanut Butter or	2 Tablespoons	3 Tablespoons	4 Tablespoons
	Dried Beans and Peas	1/4 cup	3/8 cup	1/2 cup
	Fruits (2 or more) or			
	Vegetables (2 or more) or			
	Fruits & Vegetables to total	1/4 cup	1/2 cup	3/4 cup
Bread	1/2 slice	1/2 slice	1 slice	

For required serving amounts for infants up to age one year, refer to your handbook, your agreement, or program regulations.

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The four food groups.

The Child Care Food Program is open to all eligible children regardless of race, sex, color, creed, or national origin.

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Recordkeeping

- Keep menu records
- Count meals served to enrolled children to adult staff to other adults

Points to Remember

- Use fluid milk
- Use bread or cereal made from enriched or whole grain flour
- Use full-strength fruit juice
- Each child must be served the required amount of each food group at all meals

