



















FOOD CHART

















Age: 1 and 2 years 3 through 5 years 6 through 12 years

BREAKFAST






































 Fluid milk	 ½ cup	 ¾ cup	 1 cup
 100% Juice or fruit or vegetable	 ¼ cup	 ½ cup	 ½ cup
 Bread or bread alternate	 ½ slice*	 ½ slice*	 1 slice*
or cold dry cereal	 ¼ cup (or ⅓ oz.)	 ⅓ cup (or ½ oz.)	 ¾ cup (or 1 oz.)
or cooked cereal	 ¼ cup	 ¼ cup	 ½ cup

SNACK

Select two of the following four components**

 Fluid milk	 ½ cup	 ½ cup	 1 cup
 100% Juice or fruit or vegetable	 ½ cup	 ½ cup	 ¾ cup
 Meat or meat alternate	 ½ ounce	 ½ ounce	 1 ounce
 Bread, bread alternate, or cereal	 ½ slice*	 ½ slice*	 1 slice*

LUNCH/SUPPER

 Fluid milk	 ½ cup	 ¾ cup	 1 cup
 Meat or poultry or fish	 1 ounce	 1½ ounce	 2 ounces
or cheese	 1 ounce	 1½ ounce	 2 ounces
or cottage cheese, cheese food, or cheese spread	 2 ounces (¼ cup)	 3 ounces (⅔ cup)	 4 ounces (½ cup)
or egg	 1	 1	 1
or cooked dry beans or peas	 ¼ cup	 ⅓ cup	 ½ cup
or peanut butter, soybean butter or nut or seed butters.	 2T.	 3T.	 4T.
or peanuts, soybeans, tree nuts or seeds	 ½ oz. = 50%	 ¾ oz. = 50%	 1 oz. = 50%
or yogurt***	 ½ cup (4 oz.)	 ¾ cup (6 oz.)	 1 cup (8 oz.)
 Vegetables &/or fruits (2 or more)	 ¼ cup Total	 ½ cup Total	 ¾ cup Total
 Bread or bread alternate	 ½ slice*	 ½ slice*	 1 slice*

* or an equivalent serving of an acceptable bread alternate such as cornbread, biscuits, rolls, muffins, etc., made of whole-grain or enriched meal or flour, or a serving of cooked enriched or whole-grain rice or macaroni or other pasta products.

** for snack, juice may not be served when milk is served as the only other component.

*** or any equivalent quantity of any combination of the above meat/meat alternates.