

1–2-Year-Old Serving Sizes

Breakfast – 3 components

Fruit $\frac{1}{4}$ cup

Bread or Grain $\frac{1}{2}$ slice or 0.5-ounce equivalent

OR Oatmeal $\frac{1}{4}$ cup **OR** Dry Cereal: Flakes
OR Rounds $\frac{1}{2}$ cup **OR** Chex or Kix $\frac{3}{4}$ cup.

Milk 4 ounces (1/2 cup)

Lunch – 5 components

Meat 1 ounce **OR** Beans $\frac{1}{4}$ cup **OR** Egg $\frac{1}{2}$ large egg

Vegetable $\frac{1}{8}$ cup **OR** Leafy greens $\frac{1}{4}$ cup

Fruit $\frac{1}{8}$ cup

Bread or Grain $\frac{1}{2}$ slice or 0.5-ounce equivalent. **OR** Pasta or Rice $\frac{1}{4}$ cup.

Milk 4 ounces (1/2 cup)

Snack – 2 components

Meat or Cheese $\frac{1}{2}$ ounce **OR** $\frac{1}{2}$ large Egg **OR**
Yogurt $\frac{1}{4}$ cup

Fruit **OR** Vegetable **OR** Combination of both $\frac{1}{2}$ cup

Bread $\frac{1}{2}$ slice or 0.5 ounce **OR** Crackers 0.4 ounce **OR** Dry
Cereal: Flakes **OR** Rounds $\frac{1}{2}$ cup **OR** Chex **OR** Kix $\frac{3}{4}$ cup.

Milk 4 ounces (1/2 cup)



3–5-Year-Old Serving Sizes

Breakfast -3 components

Fruit $\frac{1}{2}$ cup

Bread or Grain $\frac{1}{2}$ slice or 0.5-ounce equivalent

OR Oatmeal $\frac{1}{4}$ cup OR

Dry Cereal: Flakes OR Rounds $\frac{1}{2}$ cup OR Chex OR Kix $\frac{3}{4}$ cup.

Milk 6 ounces ($\frac{3}{4}$ cup)

Lunch- 5 components

Meat 1.5 ounces **OR** Beans $\frac{3}{8}$ cup **OR** Eggs $\frac{3}{4}$ large egg

Vegetable $\frac{1}{4}$ cup OR Leafy greens (salad) $\frac{1}{2}$ cup

Fruit $\frac{1}{4}$ cup

Bread or Grain $\frac{1}{2}$ slice or 0.5 ounce equivalent **OR** Pasta or Rice $\frac{1}{4}$ cup.

Milk 6 ounces ($\frac{3}{4}$ cup)

Snack - 2 components

Meat or Cheese $\frac{1}{2}$ ounce **OR** $\frac{1}{2}$ large egg **OR** Yogurt $\frac{1}{4}$ cup

Fruit **OR** Vegetable $\frac{1}{2}$ cup

Bread $\frac{1}{2}$ slice or 0.5 ounce **OR** Crackers 0.4 ounce **OR** Dry Cereal: Flakes **OR** Rounds $\frac{1}{2}$ cup **OR** Chex OR Kix $\frac{3}{4}$ cup.

Milk 4 ounces ($\frac{1}{2}$ cup)

