1-2-Year-Old Serving Sizes

Breakfast – 3 components

Fruit ¼ cup

Bread or Grain ½ slice or 0.5-ounce equivalent

OR Oatmeal ¼ cup OR Dry Cereal: Flakes OR Rounds ½ cup OR Chex or Kix ¾ cup.

Milk 4 ounces (1/2 cup)

Lunch – 5 components

Meat 1 ounce **OR** Beans ¼ cup **OR** Egg ½ large egg

Vegetable 1/8 cup **OR** Leafy greens ½ cup Fruit 1/8 cup

Bread or Grain ½ slice or 0.5-ounce equivalent. **OR** Pasta or Rice ¼ cup.

Milk 4 ounces (1/2 cup)

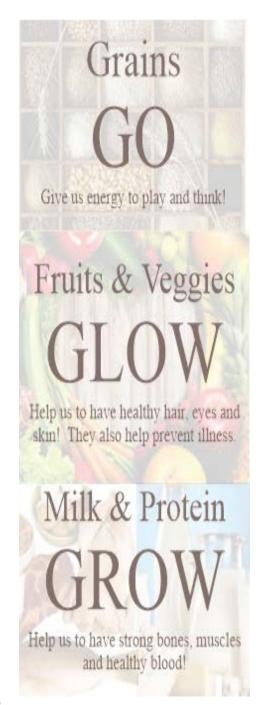
Snack - 2 components

Meat or Cheese ½ ounce **OR** ½ large Egg **OR** Yogurt ¼ cup

Fruit **OR** Vegetable **OR** Combination of both ½ cup

Bread ½ slice or 0.5 ounce **OR** Crackers 0.4 ounce **OR** Dry Cereal: Flakes **OR** Rounds ½ cup **OR** Chex OR Kix ¾ cup.

Milk 4 ounces (1/2 cup)



3-5-Year-Old Serving Sizes

Breakfast -3 components

Fruit ½ cup

Bread or Grain ½ slice or 0.5-ounce equivalent

OR Oatmeal 1/4 cup OR

Dry Cereal: Flakes OR Rounds ½ cup OR Chex OR Kix ¾ cup.

Milk 6 ounces (3/4 cup)

Lunch-5 components

Meat 1.5 ounces **OR** Beans 3/8 cup **OR** Eggs 3/4 large egg

Vegetable ¼ cup OR Leafy greens (salad) ½ cup

Fruit ¼ cup

Bread or Grain ½ slice or 0.5 ounce equivalent **OR** Pasta or Rice ¼ cup.

Milk 6 ounces (3/4 cup)

Snack - 2 components

Meat or Cheese ½ ounce OR ½ large egg OR Yogurt ¼ cup

Fruit **OR** Vegetable ½ cup

Bread ½ slice or 0.5 ounce **OR** Crackers 0.4 ounce **OR** Dry Cereal: Flakes **OR** Rounds ½ cup **OR** Chex OR Kix ¾ cup.

Milk 4 ounces (1/2 cup)

