

## Food Amounts to Serve 10

### Breakfast

#### 3-5 Years Old

#### Fruits - 1/2 cup per serving

#### Whole Grain/Breads/Cereals

<b>Apples</b> 1.5# - 5 cups <b>Applesauce-</b> #10 Can- 5 cups  <b>Apricots-</b> #10 Can- 0.5 can  <b>Bananas-</b> 3.75#  <b>Berries/Mixed Berries-</b> 1.75# or 5 cups.  <b>Honeydew-</b> 4.25#  <b>Mandarins</b> Fresh- 3# Canned- #10 Can- 5 cups.  <b>Mixed Fruit-</b> 5 cups  <b>Peaches</b> Fresh- 2.25# Frozen- 2.75# Canned- #10 Can- 0.5 can.  <b>Pears</b> Fresh- 2.75# Canned- #10 Can- 5 cups.  <b>Pineapple</b> Fresh- 3.25# Frozen- 2.75# Canned- #10 Can- 0.5 can	<b>Breads- 1/2 Slice or 0.5 oz. per serving</b> Bread/Tortilla/Biscuits- 5 oz. Waffles/Pancakes- 6 oz. Whole Grain Muffins- 9 oz.  <b>Oatmeal- 1/4 cup per serving cooked.</b> Oatmeal cooked- 0.25#  <b>Cereal- 1/2 cup per serving</b> Cheerios- 5 cups Wheaties- 5 cups  <b>Cereal- 3/4 cup per serving</b> Kix- 7.5 cups Wheat Chex- 7.5 cups  <b>Extra's</b> Eggs 3/4 eggs Yogurt 2 oz serving Cottage Cheese 2 oz serving Cheese 1.5 oz serving
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**1% Milk- 0.5 Gallons**

**3/4 cup or 6 oz. per serving**

## Food Amounts to Serve **10**

### **Lunch**      **3-5 Years Old**

**Meat- 1.5 oz. per serving**

**Vegetable- ¼ c. per serving**

**Fruit- ¼ c. per serving**

**WGR (see amt. below)**

<p><b>Ground Beef- 1.25#</b></p> <p><b>Chicken</b> Breast- 1.5# Thighs- 2.25#</p> <p><b>Tuna- 15oz.</b></p> <p><b>Cod Fillet-Frozen 1.5 #</b> 1(3-4oz. piece coated fish) 2#</p> <p><b>Ground Pork(sausage)- 1.25#</b></p> <p><b>Shredded Pork- 1.5#</b></p> <p><b>Sliced Turkey- 15oz.</b> (½ amt. in Turkey &amp; Cheese sandwiches)</p> <p><b>Sliced Ham- 1.5#</b> (½ amt. in Ham &amp; Cheese sandwiches)</p> <p><b>Sliced Roast Beef- 15oz.</b></p> <p style="text-align: center;"><b>Meat Alternatives</b></p> <p><b>Beans- 3/8c. per serving</b> (See recipes)</p> <p><b>Cheese- 1#</b> (½ amt on meat &amp; Cheese sandwiches)</p>	<p><b>Broccoli- 2.5 cups 0.5#</b></p> <p><b>Brussels Sprouts 2.5 cups</b> Fresh-0.75# Frozen- 1#</p> <p><b>Cabbage-1/2 cup serving.</b> Shredded 0.75# Chopped 1.25#</p> <p><b>Carrots-2.5 cups 0.75#</b></p> <p><b>Cauliflower 2.5 cups- 1#</b></p> <p><b>Corn-2.5 cups 1#</b></p> <p><b>Green Beans 2.5 cups</b> Fresh- 1# Frozen- 1# Canned- #10 can-0.25.</p> <p><b>Mixed Vegetables-2.5 cups</b> Fresh- 2.5 cups Frozen- 1#</p> <p><b>Mixed Greens or Spinach &amp; Red Pepper Salads 5 cups</b> (See recipe for amts.)</p> <p><b>Peas &amp; Carrots 2.5 cups- 1#</b></p> <p><b>Red Potatoes 2.5 cups- 1.25#</b></p> <p><b>Sweet Potatoes-2.5 cups 1.75#</b></p>	<p><b>Cantaloupe- 2.5 cups 2.25#</b></p> <p><b>Honeydew-2.5 cups 2.25#</b></p> <p><b>Kiwi-2.5 cups 1#</b></p> <p><b>Mango Frozen Diced 2.5 cups- 1.5#</b></p> <p><b>Mixed Fruit 2.5 cups</b></p> <p><b>Oranges-2.5 cups 1.5#</b></p> <p><b>Pineapple 2.5 cups</b> Fresh- 1.75# Frozen- 1.5# Canned- #2 can- 1.5</p> <p><b>Strawberries 2.5 cups</b> Fresh- 1# Frozen(sliced)- 1.5#</p> <p><b>Watermelon-2.5 cups 1.75#</b></p>	<p><b>Bread- 5 oz.</b> Inc. buns &amp; dinner rolls</p> <p><b>Brown Rice</b> ¼ cup cooked per serving Long Grain-0.75# Instant-0.5#</p> <p><b>Cornbread- 6 oz.</b></p> <p><b>Crackers- 4 oz.</b> 6 crackers each</p> <p><b>Crust(pizza)- 5 oz.</b></p> <p><b>Italian Bread- 6 oz.</b></p> <p><b>Tortillas- 5 oz.</b></p> <p style="text-align: center;"><b>Pasta</b> ¼ cup cooked per serving</p> <p><b>Bowtie- 0.5#</b></p> <p><b>Egg Noodles- 0.25#</b></p> <p><b>Elbow Macaroni- 0.25#</b></p> <p><b>Lasagna Noodles- 0.5#</b></p> <p><b>Penne- 0.5#</b></p> <p><b>Spaghetti Noodles- 0.5#</b></p>
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**1% Milk- 0.5 Gallon**

**¾ cup or 6oz. per serving**

**Food Amounts to Serve 10**

**P.M. Snack**

**3-5 Years Old**

<b>Meat Alt.</b>	<b>Fruit</b>	<b>Vegetable</b>	<b>Whole Grain</b>
	<b>1/2 cup per serving</b>	<b>1/2 cup per serving</b>	<b>see amt below</b>
<b>Cheese- 5 oz.</b>	<b>Apple Slices-5 cups</b> 1.5#	<b>Bell Peppers- 5 cups</b> 1.5# 1/2 amt. when w/carrots	<b>Bagel- 5 oz.</b>
<b>Cheese Sticks- 5 oz.</b>	<b>Banana- 5 cups</b> 3.75#	<b>Carrots 5 cups- 1.5#</b> 1/2 amt. when w/bell Peppers	<b>Bread Sticks- 5 oz.</b>
<b>Eggs- 5 eggs</b> 1/2 egg per serving	<b>Mixed Berries-5 cups</b>	<b>Fresh Mixed Veggies- 5 cups</b>	<b>Cheezy Bread- 5 oz.</b>
<b>Plain Yogurt- 20 oz.</b> Non-Fat 1/4 cup per serving	<b>Cantaloupe-5 cups</b> 3.5#		<b>Goldfish Crackers-</b> 2.5 cups Or 10 - 0.75oz. pack
	<b>Honeydew-5 cups</b> 4.25#		<b>WGR Bread- 5 oz.</b>
	<b>Kiwi- 5 cups</b> 1.75#		<b>WGR Crackers- 4 oz</b> 6 crackers each
	<b>Mixed Fruit-5 cups</b>		<b>Zesty Cereal- 7.5 cups</b> Cheerios & Chex
	<b>Strawberries 5 cups</b> Fresh- 2# Frozen(sliced)-2.75#		
	<b>Watermelon 5 cups</b> 3.5#		

**1% Milk- 0.5 Gallons**

**1/2 cup or 4 oz. per serving**