

Food Amounts to Serve 10

Breakfast

3-5 Years Old

Fruits – ½ cup per serving

Whole Grain/Breads/Cereals

Apples 1.5# - 5 cups Applesauce- #10 Can- 5 cups Apricots- #10 Can- 0.5 can Bananas- 3.75# Berries/Mixed Berries- 1.75# or 5 cups. Honeydew- 4.25# Mandarins Fresh- 3# Canned- #10 Can- 5 cups. Mixed Fruit- 5 cups Peaches Fresh- 2.25# Frozen- 2.75# Canned- #10 Can- 0.5 can. Pears Fresh- 2.75# Canned- #10 Can- 5 cups. Pineapple Fresh- 3.25# Frozen- 2.75# Canned- #10 Can- 0.5 can	Breads- ½ Slice or 0.5 oz. per serving Bread/WGR Tortilla/Biscuits- 5 oz. WGR Waffles/Pancakes- 6 oz. Whole Grain Muffins- 9 oz. WGR -Hot Cereal ¼ cup per serving cooked. Oatmeal cooked- 0.25# Whole Grain Cream of Wheat 0.25# WGR Cereal- ½ cup per serving Cheerios- 5 cups Wheaties- 5 cups WGR Cereal- ¾ cup per serving Kix- 7.5 cups Wheat Chex- 7.5 cups Extra's 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

¾ cup or 6 oz. per serving

Food Amounts to Serve 10

Lunch 3-5 Years Old

Meat- 1.5 oz. per serving

Vegetable- 1/4 c. per serving

Fruit- 1/4 c. per serving

WGR (see amt. below)

Ground Beef- 1.25# Chicken Breast- 1.5# Thighs- 2.25# Tuna- 15oz. Cod Fillet-Frozen 1.5 # 1(3-4oz. piece coated fish) 2# Ground Pork(sausage)- 1.25# Shredded Pork- 1.5# Sliced Turkey- 15oz. (1/2 amt. in Turkey & Cheese sandwiches) Sliced Ham- 1.5# (1/2 amt. in Ham & Cheese sandwiches) Sliced Roast Beef- 15oz. Meat Alternatives Beans- 3/8c. per serving (See recipes) Cheese- 1# (1/2 amt on meat & Cheese sandwiches)	Broccoli- 2.5 cups 0.5# Brussels Sprouts 2.5 cups Fresh-0.75# Frozen- 1# Cabbage-1/2 cup serving. Shredded 0.75# Chopped 1.25# Carrots-2.5 cups 0.75# Cauliflower 2.5 cups- 1# Corn-2.5 cups 1# Green Beans 2.5 cups Fresh- 1# Frozen- 1# Canned- #10 can-0.25. Mixed Vegetables-2.5 cups Fresh- 2.5 cups Frozen- 1# Mixed Greens OR Spinach Salad 1/4 cup Greens & 1/8 cup Bell Peppers OR Shred Carrots (See recipe for amts.) Peas & Carrots 2.5 cups- 1# Red Potatoes 2.5 cups- 1.25# Sweet Potatoes-2.5 cups 1.75# Condense Tomato Soup Each 50 oz can condense plus 50 oz water approx. 12 -1 cup servings	Cantaloupe- 2.5 cups 2.25# Honeydew-2.5 cups 2.25# Kiwi-2.5 cups 1# Mango Frozen Diced 2.5 cups- 1.5# Mixed Fruit 2.5 cups Oranges-2.5 cups 1.5# Pineapple 2.5 cups Fresh- 1.75# Frozen- 1.5# Canned- #2 can- 1.5 Strawberries 2.5 cups Fresh- 1# Frozen(sliced)- 1.5# Watermelon-2.5 cups 1.75#	Bread- 5 oz. Inc. buns & dinner rolls WGR Brown Rice 1/4 cup cooked per serving Long Grain-0.75# Instant-0.5# WGR Cornbread- 6 oz. Crackers- 4 oz. 6 crackers each WGR Crust(pizza)- 5 oz. Italian Bread- 6 oz. WGR Tortillas- 5 oz. WGR Pasta 1/4 cup cooked per serving Bowtie- 0.5# Egg Noodles- 0.25# Elbow Macaroni- 0.25# Lasagna Noodles- 0.5# Penne- 0.5# Spaghetti Noodles- 0.5#
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1% Milk- 0.5 Gallon

3/4 cup or 6oz. per serving

Food Amounts to Serve 10

P.M. Snack

3-5 Years Old

Meat Alt.	Fruit	Vegetable	Whole Grain
	½ cup per serving	½ cup per serving	see amt below
Cheese- 5 oz. Cheese Sticks- 5 oz. Eggs- 5 eggs ½ egg per serving Plain Yogurt- 20 oz. Non-Fat ¼ cup per serving Cottage Cheese 20 oz ¼ cup per serving Turkey 5 oz	Apple Slices- 5 cups 1.5# Banana- 5 cups 3.75# Blueberries 1.5# 5 cups Cantaloupe- 5 cups 3.5# Honeydew- 5 cups 4.25# Kiwi- 5 cups 1.75# Mango 2.75# 5 cups Mandarin- 5 cups Mixed Berries- 5 cups Mixed Fruit- 5 cups Oranges- 5.75# 5 cups Pineapple- 5 cups Strawberries 5 cups Fresh- 2# Frozen(sliced)-2.75# Watermelon 5 cups 3.5#	Bell Peppers- 5 cups 1.5# ½ amt. when w/carrots Carrots 5 cups- 1.5# ½ amt. when w/bell Peppers Fresh Mixed Veggies- 5 cups	Bagel- 5 oz. Bread Sticks- 5 oz. Pita 5 oz Cheezy Bread- 5 oz. WGR Tortilla 5 oz Goldfish Crackers- 2.5 cups Or 10 - 0.75oz. pack Bread- 5 oz. Crackers- 4 oz 6 crackers each WGR Zesty Cereal- 7.5 cups Cheerios & Chex

1% Milk- 0.5 Gallons

1/2 cup or 4 oz. per serving