



Serving Size Requirements

Center **must use** measuring cups/scoops/spoodles and **follow the** serving sizes listed below

		1-2 year	3-5 years	6-12 years
	Milk	1/2 cup (4 fl oz)	3/4 cup (6 fl oz)	1 cup (8 fl oz)
	Cereal	1/4 cup	1/3 cup	3/4 cup
	Vegetables:	1/8 cup	1/4 cup	1/2 cup
	Fruits	1/8 cup	1/4 cup	1/4 cup
M O N D A Y	Meat Sauce Whole Grain Pasta	1/2 cup	3/4 cup	1 cup
	Chicken Salad	1/8 cup	1/6 cup	1/4 cup
	Steamed Carrots	1/8 cup	1/4 cup	1/2 cup
	Steamed Beans	1/8 cup	1/4 cup	1/4 cup
	Chicken Salad	1/8 cup	1/6 cup	1/4 cup
	Sliced Tomatoes	1/8 cup	1/4 cup	1/2 cup
	Bananas	1/2 banana	1/2 banana	1/2 banana
T U E S D A Y	Microwaveable Waffles	2 each	2 each	2 each
	Baked Chicken	1/4 cup	1/3 cup	1/2 cup
	Baked Potatoes	1/8 cup	1/4 cup	1/2 cup
	Steamed Broccoli	1/8 cup	1/4 cup	1/4 cup
	Enriched Flour Brioche Rolls	1 brioche roll	1 brioche roll	1 brioche roll
	Cheese	1 slice	1.5 slices	2 slices
	Cucumber Sticks	1 stick	2 sticks	4 sticks
W E D N E S D A Y	Bagel with Cream Cheese	1 each	1 each	1 each
	Meatballs with Red Sauce	3 each	4 each	5 each
	Brown Rice	1/8 cup	1/8 cup	1/4 cup
	Oranges	2 slices	2 slices	2 slices
	Yogurts & Cheese Sticks	6 oz + 1 stick	6 oz + 1 stick	6 oz + 1 stick
	Enriched Flour Croissants	1 croissant	1 croissant	1 croissant
	Baby Carrots	2 each	4 each	8 each
	Plumes	1 half	1 half	1 half
T H U R S D A Y	Microwaveable Pancakes	2 pancakes	2 pancakes	2 pancakes
	Whole Grain Breaded Chicken Patty	1 each	2 each	2 each
	Whole Grain Buns	2 halves	2 halves	2 halves
	Baked Sweet Potatoes	1/8 cup	1/4 cup	1/2 cup
	Sliced Tomatoes	1/8 cup	1/4 cup	1/4 cup
	Tuna Salad	1/8 cup	1/6 cup	1/4 cup
	Enriched Flour Pita Pockets	1/2 each	1/2 each	1/2 each
	Celery Sticks	1 stick	2 sticks	4 sticks
F R I D A Y	Homemade Pizza	1 slice	1.5 slices	2 slices
	Steamed Corn	1/8 cup	1/4 cup	1/2 cup
	Steamed Beans	1/8 cup	1/4 cup	1/4 cup
	Sliced Turkey	1 order	1 order	1 order
	Whole Grain Bread	1 slice	1 slice	1 slice
	Apples	1/2 apple	1/2 apple	1/2 apple