

**Portion Sizes for Meals**

| Meal      | Component                            | Minimum Serving              |                              |                              |
|-----------|--------------------------------------|------------------------------|------------------------------|------------------------------|
|           | Age of Child                         | 1 & 2 years                  | 3-5 years                    | 6-12 years                   |
| Breakfast | Meat or Meat Alternative (optional)  | ½ oz.                        | ½ oz.                        | 1 oz.                        |
|           | Fluid Milk                           | ½ cup                        | ¾ cup                        | 1 cup                        |
|           | Juice/Fruit or Vegetable             | ¼ cup                        | ½ cup                        | ½ cup                        |
|           | Grains/Breads/Dry Cereal             | ½ slice<br>¼ cup or<br>⅓ oz. | ½ slice<br>⅓ cup or<br>½ oz. | ½ slice<br>¾ cup or<br>1 oz. |
| Meal      | Meat or Meat Alternative             | 1 oz                         | 1 ½ oz.                      | 2 oz.                        |
|           | Fruit Or Vegetable                   | ¼ cup                        | ½ cup                        | ¾ cup                        |
|           | Grains/Breads/Pasta/Noodles (cooked) | ½ slice<br>¼ cup             | ½ slice<br>¼ cup             | 1 slice<br>½ cup             |
|           | Fluid Milk                           | ½ cup                        | ¾ cup                        | 1 cup                        |
| Snack     | Meat or Meat Alternative             | ½ oz.                        | ½ oz.                        | 1 oz.                        |
|           | Fruit Or Vegetable                   | ½ cup                        | ½ cup                        | ¾ cup                        |
|           | Grains/Breads/Pasta/Noodles (cooked) | ½ slice<br>¼ cup or<br>⅓ oz. | ½ slice<br>¼ cup or<br>⅓ oz. | ½ slice<br>¼ cup or<br>⅓ oz. |
|           | Fluid Milk                           | ½ cup                        | ½ cup                        | 1 cup                        |

Additional information on meal preparation and nutrition may be found at:  
[http://www.fns.usda.gov/cnd/care/ProgramBasics/Meals/Meal\\_Patterns.htm](http://www.fns.usda.gov/cnd/care/ProgramBasics/Meals/Meal_Patterns.htm)