



## Common Serving Amounts Reference

Use this sheet for listing commonly served foods at your center and share with staff that prepare and serve meals. Items listed under each category are examples. Refer to the Food Buying Guide and/or Child Nutrition labels to determine accurate information for items commonly used by your agency. Record these on the blank lines.

| <b>Lunch/Supper</b>                             | <b>1-2 year olds</b>   | <b>3-5 year olds</b>   | <b>6-12 year olds</b> |
|---|------------------------|------------------------|-----------------------|
| <b><u>ENTREES/MEAT ALTERNATES</u></b>           |                        | <i>Example</i>         |                       |
| <i>(ex. Fish sticks, Gorton's)<sup>1</sup></i>  | <i>6 each</i>          | <i>9 each</i>          | <i>12 each</i>        |
| <i>( ex. Cheese slices, 19g/slice)</i>          | <i>1 ½ slices each</i> | <i>2 ½ slices each</i> | <i>3 slices each</i>  |
|   |                        |                        |                       |
|   |                        |                        |                       |
|   |                        |                        |                       |
|   |                        |                        |                       |
|   |                        |                        |                       |
|   |                        |                        |                       |
|   |                        |                        |                       |
| <b><u>GRAIN/BREADS</u></b>                      |                        | <i>Example</i>         |                       |
| <i>(ex. Saltine crackers)</i>                   | <i>4</i>               | <i>4</i>               | <i>8</i>              |
|   |                        |                        |                       |
|   |                        |                        |                       |
|   |                        |                        |                       |
|   |                        |                        |                       |
|   |                        |                        |                       |
|   |                        |                        |                       |
|   |                        |                        |                       |
| <b><u>FRUITS AND VEGETABLES<sup>2</sup></u></b> |                        | <i>Example</i>         |                       |
| <i>(ex. Bananas, large: 1/2 banana = ¼ cup)</i> | <i>¼ banana</i>        | <i>½ banana</i>        | <i>1 banana</i>       |
| <i>(ex. Grapes, large: ½ cup = 14 grapes)</i>   | <i>4 grapes</i>        | <i>7 grapes</i>        | <i>14 grapes</i>      |
|   |                        |                        |                       |
|   |                        |                        |                       |
|   |                        |                        |                       |
|   |                        |                        |                       |
|   |                        |                        |                       |
|   |                        |                        |                       |
|   |                        |                        |                       |
|   |                        |                        |                       |

<sup>1</sup> Each commercially prepared combination food item must have a CN label or Product Formulation Sheet.

<sup>2</sup> A vegetable and fruit, or two vegetables, must be served at lunch and supper.

