



FOOD SERVING SIZES
Child Care Health Section

State Form 49956 (R4 / 4-22)

FSSA / MS02
 402 W. WASHINGTON ST., RM W362
 INDIANAPOLIS, IN 46204

| FOODS | SERVINGS FOR EACH CHILD PER DAY (24) | AVERAGE SIZE SERVING PER AGE | | | |
|--|---|--|---|--|--|
| | | 1 - 2 Years | 2 Years | 3 - 5 Years | 6 - 18 Years |
| <p>Milk - Fluid pasteurized, homogenized fortified with vitamin A and D - whole, 2%, 1% (<i>skim and buttermilk can be used only under a physician's order</i>)</p> <p>Note: Reconstituted dry milk shall not be used as a beverage.</p> | 2 - 3 | 4 oz. | 4 oz. | 6 oz. | 8 oz. |
| <p>Vegetables and Fruits</p> <p>Vitamin C food source: Fruits: orange or grapefruit juice, a 100% fruit juice fortified with vitamin C (<i>e.g. grape, pineapple, apple</i>), oranges, grapefruit, tangerines, cantaloupe, strawberries, kiwi fruit, papaya, tangelo, watermelon, pineapple, and raspberries.</p> <p>Vitamin A food sources: Vegetables: carrots, winter squash, acorn squash, butternut squash, pumpkin, yams, sweet potatoes, asparagus, tomatoes, spinach, turnip greens, kale, mustard greens, collard greens, beet greens, peas and carrots, mixed vegetables, broccoli, red peppers, romaine lettuce, zucchini with skin, and Chinese cabbage.</p> <p>Fruits: cantaloupe, apricots, papaya, purple plums, watermelon, and mangos.</p> <p>Protein Foods: liver (<i>equal to 3 servings of vitamin A per week</i>).</p> | <p>4 or more</p> <p>1</p> <p>2 vitamin A food sources per week must be served at lunch.</p> <p>2 vitamin A food sources per week must be served at dinner (<i>if provided</i>).</p> | <p>1 - 2T</p> <p>1/2 cup</p> <p>1 - 2T</p> | <p>3T</p> <p>1/2 cup</p> <p>3T</p> | <p>1/4 cup</p> <p>1/2 cup</p> <p>1/4 cup</p> | <p>1/2 cup</p> <p>1/2 cup</p> <p>1/2 cup</p> |
| <p>Meat and Other Protein Foods (Main Entrees)</p> <p>Cooked lean meat, poultry, fish</p> <p>Protein equivalents: Amounts listed below are equal to 1 ounce of meat</p> <p>Cheese 1 ounce</p> <p>Cottage Cheese 1/4 cup</p> <p>Egg 1</p> <p>Peanut Butter 2T</p> <p>Cooked Dried Beans 1/2 cup</p> <p>Casseroles</p> <p>Meat Salads</p> | 2 | <p>1/2 - 1 oz.</p> <p>1/2 oz.</p> <p>2T</p> <p>1/2</p> <p>-</p> <p>1/4 cup</p> <p>1/4 cup</p> <p>1/4 cup</p> | <p>1 oz.</p> <p>1 oz.</p> <p>1/4 cup</p> <p>1</p> <p>-</p> <p>1/2 cup</p> <p>1/3 cup</p> <p>1/4 cup</p> | <p>1 1/2 oz.</p> <p>1 1/2 oz.</p> <p>1/3 cup</p> <p>1 1/2</p> <p>3T</p> <p>3/4 cup</p> <p>1/2 cup</p> <p>1/3 cup</p> | <p>2 - 3 oz.</p> <p>2 - 3 oz.</p> <p>1/2 - 1/3 cup</p> <p>2 - 3</p> <p>4 - 6T</p> <p>1 - 1 1/2 cup</p> <p>1 - 1 1/2 cup</p> <p>1/2 - 1 cup</p> |
| <p>Bread and Cereal Group (whole grain and enriched)</p> <p>Bread</p> <p>Dry Cereal</p> <p>Cooked Cereal, Grits, Polenta</p> <p>Rice / Noodles</p> <p>Crackers</p> <p>Saltines</p> <p>Graham crackers (2 1/2" square)</p> <p>Variety of crackers (1 - 1 1/2" squares)</p> <p>Plain tortilla chips</p> | 3 - 4 | <p>1/4 slice</p> <p>2 - 3T</p> <p>2T</p> <p>2 - 3T</p> <p>2 sq.</p> <p>1/2 sq.</p> <p>2</p> <p>-</p> | <p>1/2 slice</p> <p>1/3 cup</p> <p>1/4 cup</p> <p>1/4 cup</p> <p>2 sq.</p> <p>1 sq.</p> <p>3</p> <p>-</p> | <p>1/2 slice</p> <p>1/2 cup</p> <p>1/4 cup</p> <p>1/4 cup</p> <p>3 - 4 sq.</p> <p>1 sq.</p> <p>5 - 6</p> <p>8</p> | <p>1 slice</p> <p>3/4 cup</p> <p>1/2 cup</p> <p>1/2 cup</p> <p>5 - 8 sq.</p> <p>2 sq.</p> <p>10 - 12</p> <p>16</p> |
| <p>Other Foods</p> <p>Butter or margarine</p> | used in cooking or as a spread | 1/2 - 1 tsp. | 1 tsp. | 1 tsp. | 3 tsp. |