FOOD SERVING SIZES
Child Care Health Section

State Form 49956 (R3 / 2-15)

FSSA - MS02
402 W. WASHINGTON ST., RM W361
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
Milk - Fluid pasteurized, homogenized fortified with vitamin A & D - whole, 2%, 1% *(skim and buttermilk can be used only under a physician's order)* Note: Reconstituted dry milk shall not be used as a beverage.	2 - 3	4 oz.	4 oz.	6 oz.	8 oz.
Vegetables and Fruits	4 or more	1 - 2T	3T	1/4 cup	1/2 cup
<u>Vitamin C food source</u>: **Fruits**: orange or grapefruit juice, a 100% fruit juice fortified with vitamin C *(e.g. grape, pineapple, apple),* oranges, grapefruit, tangerines, cantaloupe, strawberries, kiwi fruit, papaya, tangelo, watermelon, pineapple, and raspberries.	1	1/2 cup	1/2 cup	1/2 cup	1/2 cup
<u>Vitamin A food sources</u>: **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. **Fruits:** cantaloupe, apricots, papaya, purple plums, watermelon, and mangos. **Protein Foods:** liver *(equal to 3 servings of vitamin A per week).*	4 vitamin A food sources per week must be served at dinner *(residential).* 2 vitamin A food sources per week must be served at lunch *(child care).*	1 - 2T	3T	1/4 cup	1/2 cup
Meat and Other Protein Foods *(Main Entrees)*	2	1/2 - 1 oz.	1 oz.	1 1/2 oz.	2 - 3 oz.
Cooked lean meat, poultry, fish					
Protein equivalents:					
Amounts listed below are equal to 1 ounce of meat					
Cheese 1 ounce		1/2 oz.	1 oz.	1 1/2 oz.	2 - 3 oz.
Cottage Cheese 1/4 cup		2T	1/4 cup	1/3 cup	1/2 - 1/3 cup
Egg 1		1/2	1	1 1/2	2 - 3
Peanut Butter 2T		1T	2T	3T	4 - 6T
Cooked Dried Beans 1/2 cup		1/4 cup	1/2 cup	3/4 cup	1 - 1 1/2cup
Casseroles		1/4 cup	1/3 cup	1/2 cup	1 - 1 1/2 cup
Meat Salads		1/4 cup	1/4 cup	1/3 cup	1/2 - 1 cup
Bread and Cereal Group *(whole grain and enriched)*	3 - 4				
Bread		1/4 slice	1/2 slice	1/2 slice	1 slice
Dry Cereal		2 - 3T	1/3 cup	1/2 cup	3/4 cup
Cooked Cereal, Grits, Polenta		2T	1/4 cup	1/4 cup	1/2 cup
Rice / Noodles		2 - 3T	1/4 cup	1/4 cup	1/2 cup
Crackers					
Saltines		2 sq.	2 sq.	3 - 4 sq.	5 - 8 sq.
Graham crackers (2 1/2" square)		1/2 sq.	1 sq.	1 sq.	2 sq.
Variety of crackers (1 - 1 1/2" squares)		2	3	5 - 6	10 - 12
Plain tortilla chips		-	-	8	16
Other Foods					
Butter or margarine	used in cooking or as a spread	1/2 - 1 tsp.	1 tsp.	1 tsp.	3 tsp.