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| **Food** | **Ages 1-2** | **Ages 3-5** | **Ages 6-12** |
| Milk | 1/2 Cup | 3/4 Cup | 1 Cup |
| 2 Juice/Fruit/ Or Vegetable | 1/4 Cup | 1/2 Cup | 3/4 Cup |
| Bread OR  Cornbread/Biscuit/Roll OR  Cold dry cereal OR  Hot cooked cereal OR  Pasta/Noodles/ or Grains | 1/2 Slice  1/2 Serv.  1/4 Cup  1/4 Cup  1/4 Cup | 1/2 Slice  1/2 Serv.  1/3 Cup  1/4 Cup  1/4 Cup | 1 Slice  1 Serv.  3/4 Cup  1/2 Cup  1/2 Cup |
| Meat/Poultry/Fish/Alt.  Cooked Dry Beans or Peas | 1 oz.  1/4 Cup | 1.5 oz.  3/8 Cup | 2 oz.  1/2 Cup |