
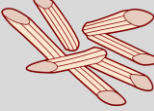





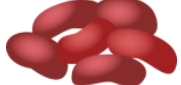









FOR YOUTH AGES 1-18

LUNCH OR SUPPER

GRAIN*	 Bread Ages 1-5: 1/2 slice 6 or older: 1 slice	 Pasta Ages 1-5: ¼ cup 6 or older: ½ cup	 Rice Ages 1-5: ¼ cup 6 or older: ½ cup	 Tortilla Ages 1-5: ¼ large 6 or older: ½ large
	 Chicken, Beef, Fish Ages 1-2: 1 oz. Ages 3-5: 1 ½ oz. 6 or older: 2 oz.	 Cheese Ages 1-2: 1 oz. Ages 3-5: 1 ½ oz. 6 or older: 2 oz.	 Eggs Ages 1-2: ½ Ages 3-5: ¾ 6 or older: 1	 Beans Ages 1-2: ¼ cup Ages 3-5: 3/8 cup 6 or older: ½ cup
FRUIT	 Any fresh fruit Ages 1-2: 1/8 cup Ages 3-5: ¼ cup 6 or older: ½ cup	 Any canned fruit Ages 1-2: 1/8 cup Ages 3-5: ¼ cup 6 or older: ½ cup	 100% Juice Ages 1-2: 1/8 cup Ages 3-5: ¼ cup 6 or older: ½ cup	
	 Any fresh vegetable Ages 1-2: 1/8 cup Ages 3-5: ¼ cup 6 or older: ½ cup	 Any canned vegetable Ages 1-2: 1/8 cup Ages 3-5: ¼ cup 6 or older: ½ cup	 Any frozen vegetable Ages 1-2: 1/8 cup Ages 3-5: ¼ cup 6 or older: ½ cup	
MILK	 1% or Skim Milk Ages 1-2: ½ cup Ages 3-5: ¾ cup 6 or older: 1 cup			

*A serving is different depending on what kind of food it is. Contact Partners in Nutrition if you need help figuring out how much to give each child.

**Some foods have both meat and grain; for example, chicken nuggets. Contact Partners in Nutrition for help on counting these types of foods.

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