

BAG LUNCH REQUIREMENTS

Age:	1-2 yrs.	3-5 yrs.	6-12 yrs.
1. Fluid milk <i>center provide cow's milk</i> (Unflavored Whole milk)	1/2 cup	3/4 cup (Unflavored 1% or Skim Milk)	1 cup
2. Meat, poultry, fish, tofu, 1 oz. soy products or cheese (natural cheeses, low-fat or reduced-fat cheese)		1.5 oz.	2 oz
or egg	1/2	3/4	1
or cooked dry beans, or peas	1/4 cup	3/8 cup	1/2 cup
soy or seed butters	2 T	3 T	4 T
or seeds,	1/2 oz. = 50 %	3/4 oz. = 50 %	1 oz. = 50 %
or yogurt (< 23 grams sugar/oz.)	4 oz. or 1/2 cup	6 oz. or 3/4 cup	8 oz. or 1 cup
Or an equivalent quantity of any combination of the above meat/meat alternates			
3. Vegetable	1/8 cup	1/4 cup	1/2 cup
4. Fruit	1/8 cup	1/4 cup	1/2 cup
5. Grains/Bread or bread alternate Whole grain-rich or enriched bread product, such as biscuit, roll, muffin, Whole grain-rich, enriched or fortified cooked breakfast cereal (< 6 grams sugar/dry oz.), cereal grain, and/or pasta	1/2 slice/serving 1/4 cup	1/2 slice/serving 1/4 cup	1 slice/serving 1/2 cup

USDA BASED CHILD CARE FOOD GUIDE

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