***Mason Meals Serving Size Chart***

Serving size was created using information from USDA Child Meal Pattern

All Fruit Juices Must Be 100% Juice & only served once per day.

Ages 2 and Up Is Served 1% Unflavored Milk

Ages 6-12 is Served 1% Flavored or Unflavored Milk

Ages Under 2yr Is Served Whole Milk ONLY!

Please feel to contact our office should you have any questions.

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| Serving Spoons are provided by Mason Meals  Please call Us ASAP if your center needs serving spoons |

GREEN = 4oz Serving Spoon

YELLOW = 1 oz Serving Spoon

RED = 2oz Serving Spoon

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| ***Mason Meals Items*** | ***Ages 1-2*** | ***Ages 3-5*** | ***Ages 6-12*** |
| Animal Crackers | 1 Bag | 1 Bag | 1 Bag |
| Alfredo | 1 Serv. Spoon | 2 Serv. Spoons | 3 Serv. Spoons |
| All Fruit | ¼ Cup = 2 oz. | ¼ Cup = 2 oz. | ¼ Cup = 2 oz. |
| All Vegetables | ¼ Cup = 2 oz. | ¼ Cup = 2 oz. | ½ Cup = 4 oz. |
| Apple Slices Fresh | 1 Bag= 2 oz. | 1 Bag | 1 Bag |
| Apple Pancake | 1 Each | 1 Each | 1 Each |
| Angus Beef Slider | 1Each | 1Each | 1Each |
| Baked Ziti | 1 ½ Serv. Spoon | 2 Serv. Spoons | 2 ½ Serv. Spoons |
| Bagel Mini | ½ Slice | 1 EACH | 1 EACH |
| Banana Bread | 1 Each | 1 Each | 1 Each |
| Bean Salad | ¼ Cup – 2oz. | 3/8 Cup | ½ Cup = 4 oz. |
| Berries Mixed | 1oz – 1 Spoon | 2 oz 1 Spoon | 2 oz 1 Spoon |
| Beef A Roni | 4 Pcs. | 5 Pcs. | 6 Pcs. – 2 oz. |
| Blueberry Pancake | 1 Each | 1 Each | 1 Each |
| Cereal | 1 Bowl | 1 Bowl | 1 Bowl |
| Cereal Bar | ½ Piece | ¾ Piece | 1 Piece |
| Cheese Calzone | 1 Piece | 2 Pieces | 3 Pieces |
| Cheese Omelets | ½ Piece | 1 Whole | 1 Whole |
| Cheese Pizza | 1 Slice | 1 Slice | 1 Slice |
| Cheese Stix | ½ Stick | 1 Whole Stick | 1 Whole Stick |
| Cheese Tortellini | 2 Spoons =1oz | 1 Spoon =2oz | 1 Spoon = 2oz |
| Chicken Quesadilla | 1 Each | 1 Each | 1 Each |
| Chicken Breast Patty | ½ Piece | 1 Piece | 1 Piece |
| Chicken Nuggets | 3 Pieces | 4 Pieces | 5 Pieces |
| Chicken Salad | 1 Spoon (1oz) | 1 Spoon (2oz) | 1 Spoon (2 oz) |
| Chicken Taco | 2 Each | 3 Each | 3 Each |
| Chicken Sliders | ½ Slider | ¾ Slider | 1 Slider |
| Chicken Fries | 3 Stix | 4 Stix (2oz) | 4 Stix (2oz) |
| Chicken Pulled BBQ | 1 Spoon (1oz) | 1 Spoon (2oz) | 1 Spoon (2oz) |
| Corn Dog (Turkey) | 3 Each | 4 Each (1 1/2oz) | 6 Each (2oz) |
| Egg Frittata’s | 1 Each | 1 Each | 1 Each |
| Fish Cake | ½ Cake | 1 Cake | 1 Cake |
| Fish Sticks | 1 oz.= 2 Stixs | 3 Stix | 2 oz.= 4 Stixs |
| French Fries (Thin) | 5 Pieces | 7 Pieces | 10 Pieces |
| French Fry Smiley | 3 Pieces | 4 Pieces | 4 Pieces |
| French Toast Stix | 2 Stixs | 3 Stcks | 3 Sticks |
| Fruit Bar | 1 Bar | 1 Bar | 1 Bar |
| Fruit Cup | 1 Each (4oz) | 1Each (4oz) | 1 Each (4oz) |
| Graham Crackers | 1 Pack | 1 Pack | 1 Pack |
| Hash Brown | ½ Piece | 1 Piece | 1 Piece |
| Juice Breakfast | 2 oz. | 4 oz. | 4 oz. |
| Juice Snack | 4 oz. | 4 oz. | 6 oz. |
| Macaroni & Cheese | 1 Serv. Spoon | 1 ½ Serv. Spoon | 1 Serv. Spoon |
| Mashed Potatoes | 2oz.= 1 Serv. Sp. | 1 Serv. Spoon(4oz) | 1 Serv. Spoon (4oz) |
| Meatballs | 1oz= 2 Balls | 1 ½ oz.= 3 Balls | 2oz.= 4 Balls |
| Meatloaf | 1 Steak | 1 Steak | 1 Steak |
| Milk Breakfast | 4oz.= ½ Cup | 6oz.= ¾ Cup | 8oz. = 1 Cup |
| Milk Lunch | 4oz. = ½ Cup | 6oz. = ¾ Cup | 8oz. = 1 Cup |
| Milk Snack | 4oz. = ½ Cup | 6oz. = ¾ Cup | 8oz. = 1 Cup |
| Mozzarella Stick | 2 Sticks | 3 Sticks | 4 Sticks |
| Pancakes | 1 Piece | 1 ½ Piece | 2 Pieces |
| Pancake Wrap (BK) | 1 Each | 1 Each | 1 Each |
| Popcorn Chicken | 3 Pcs =1oz | 5 Pcs =2oz | 6 Pcs = 2oz |
| Ravioli | 2 Pieces= 1 oz. | 1 Serving Spoon | 1 Serving Spoon |
| Rice Cakes | 1 Bag | 1 Bag | 1 Bag |
| Rice Pilaf | ¼ Cup= 2 oz. | 1 Serving Spoon | 1 Serving Spoon |
| Sandwiches | ½ Sandwich | 1 Whole | 1 Whole |
| Sliced Bread | ½ Slice | ½ Slice | 1 Whole |
| Slice Turkey | 2 Slices | 2 Slices | 3 Slices |
| Sloppy Joe | 1 Spoon (1oz) | 1 Spoon (2oz) | 1 Spoon (2oz) |
| Tuna Salad | 1 Spoon ( 1oz) | 1 Spoon (2oz) | 1 Spoon (2 oz) |
| Turkey Franks | ½ Piece | 1 Piece | 1 Piece |
| Turkey Sausage Link | 1 Each | 2 Links | 2 Links |
| Turkey Goulash | 1 Serv. Spoon | 1 Serv. Spoons  4 oz | 2 Serv. Spoons  4oz |
| Waffles | 1 Piece | 1 ½ Pieces | 2 Pieces |
| Yogurt | 4 oz.= 1 | 4 oz.= 1 | 4 oz.= 1 |