

SERVING AMOUNTS FOR ALL AGES

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| All Fruit Juices Must Be 100% Juice & only served once per day. |  |  |  |
| Any Questions  Regarding Serving Size, Please Contact Donte Fassett or look over the CACFP Meal Pattern Sheet. |  | 215-695-6507  Ext. 43 |  |
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|  | 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. | ½ Cup = 4 oz. | ¾ Cup = 6 oz. |
| All Vegetables | ¼ Cup = 2 oz. | ½ Cup = 4 oz. | ¾ Cup = 6 oz. |
| Apple Slices Fresh | 1 Bag= 2 oz. | 1 Bag= 2oz. | 1 Bag= 2oz. |
| Baked Ziti | 1 ½ Serv. Spoon | 2 Serv. Spoons | 2 ½ Serv. Spoons |
| Bean Salad | ¼ Cup – 2oz. | 3/8 Cup | ½ Cup = 4 oz. |
| Beef A Roni | 4 Pcs. | 5 Pcs. | 6 Pcs. – 2 oz. |
| 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 Slices | 1 Slice | 1 ½ Slices | 2 Slices |
| Cheese Stix | ½ Stick | 1 Whole Stick | 1 Whole Stick |
| Chicken Breast | ½ Piece | 1 Piece | 1 Piece |
| Chicken Nuggets | 2-3 Pieces | 3-4 Pieces | 5 Pieces |
| Chicken Salad | 1 oz.= 2 Balls | 1 ½ oz. | 2 oz. |
| Chicken Sliders | ½ Slider | ¾ Slider | 1 Slider |
| Fish Cake | ½ Cake | 1 Cake | 1 Cake |
| Fish Sticks | 1 oz.= 2 Stixs | 1 ½ oz.= 3 Stixs | 2 oz.= 4 Stixs |
| French Fries | 5 Pieces | 7 Pieces | 10 Pieces |
| French Toast Stix | 2 Stixs | 3 Stixs | 4 Stixs |
| Fruit Bar | 1 Bar | 1 Bar | 1 Bar |
| Graham Crackers | 1 Pack | 1 Pack | 1 Pack |
| Hash Brown | ½ Piece | 1 Piece | 1 ½ Piece |
| Juice Breakfast | 2 oz. | 4 oz. | 4 oz. |
| Juice Lunch | 2 oz. | 4 oz. | 6 oz. |
| Juice Snack | 4 oz. | 4 oz. | 6 oz. |
| Macaroni & Cheese | 1 Serv. Spoon | 1 ½ Serv. Spoon | 2 Serv. Spoon |
| Mashed Potatoes | 2oz.= 1 Serv. Sp. | 1 ½ Serv. Spoon | 2 Serv. Spoon |
| Meatballs | 1oz= 2 Balls | 1 ½ oz.= 3 Balls | 2oz.= 4 Balls |
| Meatloaf | ½ 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 | 4oz. = 1 Cup | 8oz. = 1 Cup |
| Oatmeal | 2oz. =1 Serv. Sp. | 1/3 Cup=2 ½ Sp. | ¾ Cup= 3 Spoons |
| Pancakes | 1 Piece | 1 ½ Piece | 2 Pieces |
| Pizza Bagels | 2 Pieces | 3 Pieces | 4-5 Pieces |
| Ravioli | 2 Pieces= 1 oz. | 3/4 Pcs= 1 ½ oz. | 6 Pieces= 2 oz. |
| Rice Cakes | ½ Bag | 1 Bag | 1 Bag |
| Rice Pilaf | ¼ Cup= 2 oz. | 2 oz. | 2 oz. |
| Sandwiches | ½ Sandwich | 1 Whole | 1 Whole |
| Sliced Bread | ½ Slice | ½ Slice | 1 Whole |
| Slice Turkey | 2 Slices | 2 Slices | 3 Slices |
| Tuna Salad | ½ Spoon= 1 oz. | 1 ½ oz. | 2 oz. |
| Turkey Franks | ½ Piece | 1 Piece | 1 Piece |
| Turkey Goulash | 1 ½ Serv. Spoon | 2 Serv. Spoons | 2 ½ Serv. Spoons |
| Waffles | 1 Piece | 1 ½ Pieces | 2 Pieces |
| Yogurt | 2 oz.= 1 | 2oz.= 1 | 4 oz.= 2 |