

Lunch Requirements

(Ages 3-5)

<u>Food</u>	<u>Serving</u>
1. Meat or Meat Alternative	1 ½ ounces
Or egg (large)	1
Or cheese	1
Or yogurt	¾ cup
Or cottage cheese	3/8 cup
Or cooked or dry beans/peas	3/8 cup
Or peanut butter (nut or seed butter)	3Tbsp.
2. 1 vegetables	¼ cup
3. 1 fruits	¼ cup
4. Grains/Breads	½ serving/slice
Or cooked rice, noodles or pasta	¼ cup

Note:

- Hot dogs sliced lengthwise and diced
- Oranges peeled and separated
- Grapes and carrots cut in half
- Meat cut into small pieces

The following foods are not credible and do not meet guidelines; fruit drink, fruit roll-ups or fruit snacks, pudding, and ice cream. The following are a choking hazard and are not allowed for children ages 3 and under: hard candy, nuts, seeds, peanuts, raw peas, hard pretzels, chips, popcorn, and marshmallows.