

NUTRITIONAL GUIDELINES

FOR CHILDREN FROM AGES 1 TO 12

FOODS FOR CHILDREN	AGES 1-3	AGES 3-6	AGES 6-12
BREAKFAST			
MILK	1/2 CUP	3/4 CUP	1 CUP
JUICE, FRUIT OR VEGETABLE	1/4 CUP	1/2 CUP	1/2 CUP
BREAD OR *BREAD ALTERNATE	1/2 SLICE	1/2 SLICE	1 SLICE
*CEREAL, COLD DRY	1/4 CUP OR 1/3 OZ.	1/3 CUP OR 1/2 OZ.	3/4 CUP OR 1 OZ.
*CEREAL, HOT COOKED	1/4 CUP	1/4 CUP	1/2 CUP
SNACK			
Select 2 out of the 4 components:			
MILK	1/2 CUP	1/2 CUP	1 CUP
JUICE, FRUIT OR VEGETABLE	1/2 CUP	1/2 CUP	3/4 CUP
MEAT OR MEAT ALTERNATE	1/2 OUNCE	1/2 OUNCE	1 OUNCE
BREAD OR *BREAD ALTERNATE	1/2 SLICE	1/2 SLICE	1 SLICE
*CEREAL, COLD DRY	1/4 CUP OR 1/3 OZ.	1/3 CUP OR 1/2 OZ.	3/4 CUP OR 1 OZ.
*CEREAL, HOT COOKED	1/4 CUP	1/4 CUP	1/2 CUP
LUNCH OR SUPPER			
MILK	1/2 CUP	3/4 CUP	1 CUP
MEAT, POULTRY, FISH OR *	1 OUNCE	1 1/2 OUNCE	2 OUNCES
*EGG	1	1	1
*CHEESE	1 OUNCE	1 1/2 OUNCE	2 OUNCES
*COOKED DRY BEANS OR PEAS	1/4 CUP	3/8 CUP	1/2 CUP
*PEANUT BUTTER	2 TABLESPOONS	3 TABLESPOONS	4 TABLESPOONS
VEGETABLES AND/OR FRUITS**	1/4 CUP	1/2 CUP	3/4 CUP
** (TO TOTAL 2 OR MORE)			
BREAD OR BREAD ALTERNATE	1/2 SLICE	1/2 SLICE	1 SLICE

When packing your child's lunch, please remember that KidCare is not allowed to do any cooking. Your child's lunch should be nutritionally balanced and ready to eat. Please see your director if you need further information about lunches or lunch times.

Thank You