

## Serving Sizes for Toddlers and Preschoolers CACFP

### Breakfast

Fluid Milk	
Ages 1-2	1/2 cup
Ages 3-5	3/4 cup
Vegetables or fruits	
Ages 1-2	1/4 cup
Ages 3-5	1/2 cp
Grains	
Bread	
Ages 1-2	1/2 slice
Ages 3-5	1/2 slice
Bread product	Check packaging
Ages 1-2	1/2 serving
Ages 3-5	1/2 serving
Cereal or grain	
Ages 1-2	1/4 cup
Ages 3-5	1/4 cup
Dry Cereal	
Ages 1-2	1/2 cup
Ages 3-5	1/2 cup

### Lunch or Supper

Fluid Milk	
Ages 1-2	1/2 cup
Ages 3-5	1/2 cup
Meat/Meat Alternates	
Ages 1-2	1 ounce
Ages 3-5	1 1/2 ounce
Tofu, soy or alternate protein	
Ages 1-2	1 1/2 ounce
Ages 3-5	2 ounces
Cheese	
Ages 1-2	1 ounce
Ages 3-5	1 1/2 ounce
Large Egg	
Ages 1-2	1/2
Ages 3-5	3/4
Cooked dry beans or peas	
Ages 1-2	1/4 cup
Ages 3-5	3/8 cup
Nut or seed butter	
Ages 1-2	2 Tbsp
Ages 3-5	3 Tbsp
Vegetables	
Ages 1-2	1/8 cup
Ages 3-5	1/4 cup
Fruits	
Ages 1-2	1/8 cup
Ages 3-5	1/4 cup
Grains	
Bread	1/2 slice
Ages 1-2	1/2 slice
Ages 3-5	
Bread product	check packaging
Ages 1-2	1/2 serving
Ages 3-5	1/2 serving
Cereal, grain or pasta	
Ages 1-2	1/4 cup
Ages 3-5	1/4 cup

### Snack

Select any two

Fluid milk	
Ages 1-2	1/2 cup
Ages 3-5	1/2 cup
Meat/Meat Alternate	
Ages 1-2	1/2 ounce
Ages 3-5	1/2 ounce
Tofu/Soy/Alternative	
Ages 1-2	1/2 ounce
Ages 3-5	1/2 ounce
Large Egg	
Ages 1-2	1/2
Ages 3-5	1/2
Cooked dry beans or peas	
Ages 1-2	1/8 cup
Ages 3-5	1/8 cup
Nut or seed butter	
Ages 1-2	1 Tbsp
Ages 3-5	1 Tbsp
Yogurt	
Ages 1-2	1/4 cup
Ages 3-5	1/4 cup
Vegetables or Fruit	
Ages 1-2	1/2 cup
Ages 3-5	1/2 cup
Grains	
Bread	
Ages 1-2	1/2 slice
Ages 3-5	1/2 slice
Bread product	Check packaging
Ages 1-2	1/2 serving
Ages 3-5	1/2 serving
Cereal or grain	
Ages 1-2	1/4 cup
Ages 3-5	1/4 cup
Dry cereal	
Ages 1-2	1/2 cup
Ages 3-5	1/2 cup