

Food Items	Ages 1-2	Ages 1-2	Ages 1-2	Ages 3-5	Ages 3-5	Ages 3-5	Ages 6-12	Ages 6-12	Ages 6-12
	Breakfast	Lunch/Supper	Snacks	Breakfast	Lunch/Sup	Snacks	Breakfast	Lunch/Supper	Snacks
Animal Crackers	7 crackers	7 crackers	7 crackers	7 crackers	7 crackers	7 crackers	13 crackers	13 crackers	13 crackers
Apples (small)	1/4 apple	1/8 apple	1/2 apple	1/2 apple	1/4 apple	1/2 apple	1/2 apple	1/2 apple	3/4 apple
Bagels (mini)	1/2 bagel	1/2 bagel	1/2 bagel	1/2 bagel	1/2 bagel	1/2 bagel	1 bagel	1 bagel	1 bagel
Banana (large)	1/4 banana	1/8 banana	1/2 banana	1/2 banana	1/4 banana	1/2 banana	1/2 banana	1/2 banana	3/4 banana
Carrots (baby)	3 carrots	2 carrots	6 carrots	6 carrots	3 carrots	6 carrots	6 carrots	5 carrots	9 carrots
Cheese Its	10 crackers	10 crackers	10 crackers	10 crackers	10 crackers	10 crackers	10 crackers	10 crackers	10 crackers
Cheese Slices		1 1/2 slices	1 slice		2 slices	1 slices		3 slices	1 1/2 slices
Chicken Nuggets		3 nuggets			4 nuggets			5 nuggets	
Chocolate Chip Cookies			3 cookies			3 cookies			4 cookies
Dry Cereal	1/4 cup		1/3 cup	1/3 cup		1/3 cup	3/4 cup		3/4 cup
English Muffins	1/2 muffin	1/2 muffin	1/2 muffin	1/2 muffin	1/2 muffin	1/2 muffin	1 muffin	1 muffin	1 muffin
Fish Sticks		2 sticks			3 sticks			4 sticks	
Goldfish Crackers		18 crackers	18 crackers		18 crackers	18 crackers		36 crackers	36 crackers
Graham Crackers		1 full sheet	1 full sheet		1 full sheet	1 full sheet		2 full sheets	2 full sheets
Grapes	8 grapes	4 grapes	16 grapes	16 grapes	8 grapes	16 grapes	16 grapes	12 grapes	27 grapes
Oranges (large)	1/4 orange	1/8 orange	1/2 orange	1/2 orange	1/4 orange	1/2 orange	1/2 orange	1/2 orange	3/4 orange
Peanut Butter			1 Tbsp			1 Tbsp			2 Tbsp
Powdered Donuts (mini)	3 donuts		3 donuts	3 donuts		3 donuts	5 donuts		5 donuts
Pretzel Sticks (small)		17 sticks	17 sticks		17 sticks	17 sticks		34 sticks	34 sticks
Ritz Crackers		3 crackers	3 crackers		3 crackers	3 crackers		6 crackers	6 crackers
Saltine Crackers		4 crackers	4 crackers		4 crackers	4 crackers		7 crackers	7 crackers
String Cheese		1 stick	1/2 stick		1 1/2 sticks	1/2 stick		2 sticks	1 stick
Tater Tots	6 tots	3 tots	12 tots	12 tots	6 tots	12 tots	12 tots	9 tots	18 tots
Triscuit Crackers		3 crackers	3 crackers		3 crackers	3 crackers		5 crackers	5 crackers
Vanilla Wafers			4 cookies			4 cookies			8 cookies
Waffles	1 waffle	1 waffle	1 waffle	1 waffle	1 waffle	1 waffle	2 waffles	2 waffles	2 waffles