

Serving Sizes Worksheet

To calculate the minimum required food amounts for the number and ages of children and adults you serve: 1. List the number of children and adults you are preparing food for in each age group on the left of each food group column. 2. Multiply the number of children in each age group by the minimum serving sizes required for each food group & list the totals for each age group to the right of each column. 3. Add the totals on the right of each column for each food group and list them in the bottom of each column under "totals".

Breakfast Chart

Ages	Milk	Breads	Fruit/Vegetable/Juice
1-2	___ x ½ cup =	___ x ½ slice or ¼ cup cooked or dry cereal =	___ x ¼ cup =
3-5	___ x ¾ cup =	___ ½ slice or ¼ cup cooked or 1/3 cup dry =	___ x ½ cup =
6-12	___ x 1 cup =	___ 1 slice or ½ cup cooked or ¾ cup dry =	___ x ½ cup =
Adult	___ x 1 cup =	___ 1 slice or ½ cup cooked or ¾ cup dry =	___ x ½ cup =
Total	Milk	Bread Amount	Fruit/Vegetable

Lunch/Supper Chart

Ages	Meat/Meat Alternate	Breads	Fruit/Veg. (need 2 different types)	Milk
1-2	___ x 1-ounce =	___ x ½ slice or ¼ cup cooked =	___ x ¼ cup Total =	___ x ½ Cup =
3-5	___ x 1- ½ ounce =	___ ½ slice or ¼ cup cooked =	___ x ½ cup Total =	___ x ¾ Cup =
6-12	___ x 2 ounces =	___ 1 slice or ½ cup cooked =	___ x ¾ cup Total =	___ x 1 Cup =
Adult	___ x 2 ounces =	___ 1 slice or ½ cup cooked =	___ x ¾ cup Total =	___ x 1 Cup =
Total	Meat Ounces	Bread Amount	Fruit/ Vegetable	Milk

Snack Chart – Serve Two Separate Foods

Ages	Meat/Meat Alternate	Breads	Fruit/Vegetable/Juice	Milk
1-2	___ x ½ ounce =	___ x ½ slice or ¼ cup =	___ x ½ cup =	___ x ½ cup =
3-5	___ x ½ ounce =	___ x ½ slice or ¼ cup cooked or 1/3 cup dry =	___ x ½ cup =	___ x ½ cup =
6-12	___ x 1 ounce =	___ x 1 slice or ½ cup cooked or ¾ cup dry =	___ x ¾ cup =	___ x 1 cup =
Adult	___ x 1 ounce =	___ 1 slice or ½ cup cooked or ¾ cup dry =	___ x ¾ cup =	___ x 1 cup =
Total	Meat Ounces	Bread Amount	Fruit/Vegetable	Milk