

Nutritional Guidelines for Children

Please be aware of the nutritional value of your child's lunch.
USDA recommends daily servings for children:

Daily Total Serving	Single Serving Size	
	1-3 yrs	3-6 yrs
6-11 servings bread, cereal, rice or pasta	1/2 slice	1/2 slice
	1/4 cup	1/4 cup
3-5 servings vegetables	1/4 cup	1/2 cup
2-4 servings of fruit or juice	1/4 cup	1/2 cup
2-3 servings milk, yogurt cheese	1/2 cup	1/2 cup
	1/2 oz	1/2 oz
2-3 servings meat, eggs, nuts beans	1/2 oz	1/2 oz
	1/4 cup	3/8 cup

Please avoid excessive fats and sweets.