

WASHINGTON STATE MEAL PATTERN AND PORTION SIZES

TYPE OF MEAL/FOODS TO SERVE	PORTION SIZE		
	Breakfast		
	Age 1-3	Age 3-6	Age 6-12
1. Fruit or Juice/Vegetable	1/4 cup or 2 oz	1/4 cup or 2 oz	1/2 cup or 4 oz
2. Grain: Bread <ul style="list-style-type: none"> ▪ Cereal, hot or cold ▪ pancakes, waffles, tortillas 	1/2 slice 1/4 cup 1, 3 inch diameter	1/2 slice 1/3 cup 1, 3 inch diameter	1 slice 3/4 cup 2, 3 inch diameter
3. Dairy: Milk <ul style="list-style-type: none"> ▪ Yogurt ▪ Cheese slice 	1/2 cup or 4 oz 1/2 cup or 4 oz 3/4 oz	1/2 cup or 4 oz 1/2 cup or 4 oz 3/4 oz	3/4 cup or 6 oz 3/4 cup or 6 oz 1 oz

Lunch/Supper/Dinner			
	Age 1-3	Age 3-6	Age 6-12
1. Meat: Beef, Poultry, Fish, Pork, Meat Alternates: <ul style="list-style-type: none"> ▪ Beans, cooked (pinto, white, red etc) ▪ Nuts, Seeds ▪ Tofu ▪ Egg ▪ Cheese, Cottage cheese 	1 oz 1/4 cup 1/2 oz 4 oz 1 1 oz, 1/4 cup	1 1/2 oz 3/8 cup 3/4 oz 6 oz 1 1 1/2 oz, 1/2 cup	2 oz 1/2 cup 1 oz 8 oz 1 2 oz, 3/4 cup
2. Vegetable and/or Fruit <ul style="list-style-type: none"> ▪ 2 servings of fruit or a total of: ▪ 2 servings of vegetable or a total of: ▪ 1 serving of each 	1/4 cup or 4 Tbsp 1/4 cup or 4 Tbsp 1/8 cup or 2 Tbsp of each	1/2 cup 1/2 cup 1/4 cup of each`	3/4 cup 3/4 cup 1/3 cup + 1 Tbsp
3. Grain: Bread <ul style="list-style-type: none"> ▪ Cooked pasta/rice/noodles ▪ Corn Tortilla (6 " diameter) ▪ Flour Tortilla or pita bread 	1/2 slice 1/4 cup 1/2 tortilla 1/3 piece	1/2 slice 1/4 cup 1/2 tortilla 1/3 piece	1 slice 1/2 cup 1 tortilla 2/3 piece
4. Dairy Products: Milk <ul style="list-style-type: none"> ▪ Yogurt, Pudding, Cottage Cheese ▪ Cheese 	1/2 cup 1/2 cup 1/2 oz	1/2 cup 1/2 cup 1/2 oz	3/4 cup 3/4 cup 1 oz

Choose from 2 of the 4 food groups

Snacks			
	Age 1-3	Age 3-6	Age 6-12
1. Meat: Beef, Poultry, Fish, Pork, Meat Alternates: <ul style="list-style-type: none"> ▪ Peanut butter ▪ Beans, cooked (pinto, white, red etc) ▪ Nuts, Seeds ▪ Tofu ▪ Egg ▪ Cheese, Cottage Cheese 	1/2 oz 1 Tbsp 1/8 cup or 2 Tbsp 1/4 oz 2 oz 1/2 1/2 oz, 1/8 cup	1/2 oz 1 Tbsp 1/8 cup or 2 Tbsp 1/4 oz 2 oz 1/2 1/2 oz, 1/8 cup	1 oz 2 Tbsp 1/4 cup 1/2 oz 4 oz 1/2 1 oz, 1/4 cup
2. Vegetable and/or Fruit	1/2 cup or 4 oz	1/2 cup or 4 oz	3/4 cup or 6 oz
3. Grain: Bread <ul style="list-style-type: none"> ▪ Crackers ▪ Tortilla's/Pita Bread 	1/2 slice 2 large, 4 small 1/2 -1/3	1/2 slice 2 large, 4 small 1/2 -1/3	1 slice 4 large, 8 small 1 - 2/3
4. Dairy Products: Milk <ul style="list-style-type: none"> ▪ Yogurt, pudding, cottage cheese ▪ Cheese slice 	1/2 cup or 4 oz 1/2 cup or 4 oz 3/4 oz	1/2 cup or 4 oz 1/2 cup or 4 oz 3/4 oz	3/4 cup or 6 oz 3/4 cup or 6 oz 1 oz

- The portion sizes are minimum amounts of food to prepare for each child.
- Avoid serving juice and milk at the same time.
- Consider serving a meat/meat alternate or a dairy food at the PM snack.

02/2010

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