

French City Child Care Center Inc.

Phone: 740.446.4467 or 740.446.4468

300 Third Avenue
Gallipolis, OH 45631

Web Site: www.frenchcitychildcare.com

COMPONENT AND PORTION SIZES SERVED PER MEAL!

Type	Component	Minimum Serving		
		1 - 2 Years	3 - 5 Years	6 - 12
Breakfast		1 - 2 Years	3 - 5 Years	6 - 12
	Milk, Fluid	½ Cup	¾ Cup	1 Cup
	Juice, Fruit, Or Vegetable	¼ Cup	½ Cup	½ Cup
	Grains / Breads, Dry Cereal	½ Slice ¼ Cup Or 1/3 Oz.	½ Slice 1/3 Cup Or ½ Oz.	1 Slice ¾ Cup Or 1 Oz.
Lunch Or Supper	Meat Or Meat Alternate	1 Oz.	1 ½ Oz.	2 Oz.
	Grains/Breads Pasta/Noodles	½ Slice ¼ Cup	½ Slice ¼ Cup	1 Slice ½ Cup
	Fruit and/Or Vegetable and/ Or Juice (2 Servings To Total)	¼ Cup Total	½ Cup Total	¾ Cup Total
	Milk , Fluid	½ Cup	¾ Cup	1 Cup
Snack (Select 2)	Milk , Fluid	½ Cup	½ Cup	1 Cup
	Juice, Fruit, Or Vegetable	½ Cup	½ Cup	¾ Cup
	Grains / Breads, Dry Cereal	½ Slice ¼ Cup	½ Slice 1/3 Cup	1 Slice ¾ Cup Or 1 Oz.
	Meat Or Meat Alternate	½ Oz.	½ Oz.	1 Oz.