Thursday, August 26, 2010

Meal Portions

Lunch:	1+2s, 3-5s	Snack:	1+2s, 3-5s	Breakfast:	1+2s, 3-5s
macaroni & cheese	1/3 cup, 1/2 cup	crackers	5 each	crispy rice cereal	1/4 cup, 1/3 cup
				-	
milk	1/2 cup, 3/4 cup			milk	1/2 cup, 3/4 cup
broccoli	1/8 cup, 1/4 cup	melon chunks	1/2 cup		
carrots	1/8 cup, --	tuna salad	1 Tbsp	bananas	1/3, 1/2
carrot sticks	-- , 1/4 cup				