

Child Care = Infant/Toddler/Preschool/Kinder

Vegetables / Fruits	Child Care	School Age
Applesauce	1/3 cup	1/2 cup
Apple / Banana / Pear / Kiwi / Orange/ Peach / Nectarine / Plum	1/2 piece	1 piece
Baby Carrots	~ 5 pieces	~ 5 pieces
Bell Peppers	3 x 1cm slices	4 x 1cm slices
Broccoli & Cauliflower	~ 2-4 pieces	~ 2-4 pieces
Carrot Matchsticks	1/4 cup	1/3 cup
Raw Mixed Veggies	~ 4-6 pieces	~ 6-8 pieces
Clementine	1 piece	1 piece
Cucumber	1 x 1" slice	2 x 1" slices
Mini Cucumber	1/2 piece	1 piece
Fruit Blend (<i>for Super Smoothies</i>)	3 tbsp	4 tbsp
Grape Tomatoes	~ 6 pieces	~ 8 pieces
Melon (whole)	~ 1/15 melon	~ 1/15 melon
Diced Melon (cantaloupe or honeydew)	~ 4 pieces	~ 4 pieces
Pineapple	1/10 tub	1/10 tub
Tomato Bruschetta	2 tbsp	3 tbsp
Watermelon	~1/30 melon	~1/30 melon
Watermelon Radish	~ 2 sticks	~ 3 sticks
Inf/Tod: Roasted Sweet Potato	1/4 cup	n/a
Inf/Tod: Steamed Carrots	~ 3-5 pieces	n/a
Pineapple, Melon & Orange Fruit Salad	~9 pieces	~9 pieces
Strawberries	~ 3 pieces	~4 pieces
Dairy / Egg / Proteins	Child Care	School Age
Cheddar Bites	~ 3-4 pieces	~ 4-6 pieces
Cheddar or Mozza Cheese (block)	~ 1.3 cm in slices	~ 1.6 cm in slices

As the size of some food may vary, these portions are approximations and the quantity of food you serve may differ slightly. Portions are determined based on the *Child Care & Early Years Act* and in consultation with a Registered Dietitian.

Cheddar Cheese w/ Onion & Garlic	~ 1.3 cm in slices	~ 1.6 cm in slices
Shredded Cheddar <i>(for mini pizza)</i>	1 tbsp	1 tbsp
Falafel Bites	1.5 pieces	2 pieces
Hard Boiled Egg	inf/ tod: ½ egg pre/kinder: 1 egg	1 egg
Maple (or) Dill Soft Cheese & Cream Cheese	½ tbsp	1 tbsp
Milk	125 ml	175 ml
Vanilla Maple Yogurt <i>(paired with fruit blend for smoothie)</i>	⅓ cup (3 tbs)	¼ cup (4.5 tbs)
Vanilla Maple Yogurt/Honey Yogurt <i>(when paired with granola)</i>	⅓ cup	½ cup
Inf: Plain Yogurt	3 tbsp	n/a

Dips / Sauces / Garnishes	Child Care	School Age
Hummus / Red Pepper Hummus / Avocado Bean Guacamole / Marinara Sauce / Cocoa Chic'pea Spread / Beany Basil Dip / Dilly Dip / Spinach-Organic Tofu Dip	1 tbsp	1 tbsp
Mayo w/ Organic Tofu / Creamy Parsley-Lemon Dressing	1 ½ tsp	2 ½ tsp
Organic Fruit Spread	½ tbsp	1 tbsp
Tomato Salsa / Apple Butter	2 tsp	3 tsp
Sunbutter	1 ¼ tbsp	1 ⅓ tbsp

Grains	Child Care	School Age
Basil Pesto Pasta Salad / Sundried Tomato Pasta Salad	½ cup	⅔ cup
Brioche Bites	1 piece	1 piece
Pita Crackers	5-6 pieces	8-9 pieces
Chickpea Crisps	½ cup	¾ cup
Cracked Wheat Crackers	2 pieces	3-4 pieces
Cookie (oatmeal, coco-cocoa, choco-chip)	1 piece	1 piece

As the size of some food may vary, these portions are approximations and the quantity of food you serve may differ slightly. Portions are determined based on the *Child Care & Early Years Act* and in consultation with a Registered Dietitian.

Inf: mini moon	1 piece	n/a
Scone / Whole Wheat Pita / Whole Wheat Wrap / Whole Wheat Flatbread / inf/tod: Multigrain Rocket Bun / Organic Strawberry Granola Bar / Cranberry Bar / Chocolate Chip Bar / Raisin & Seed Oatie	1 piece	1 piece
Granola (plain)	tod: 3 tbsp p.s. / kind: ¼ cup	⅓ cup
Loaf (cocoa beet, blueberry, pumpkin, date-oat, apple cinnamon, apple beet, cocoa-zucchini)	1/10 loaf	⅛ loaf
Mini Organic Lemon Cookies / Mini Cocoa Cookies / Maple Snaps (ShaSha brand)	~ 5 pieces	~ 7 pieces
Multigrain Chia Crisps	~4 pieces	~6 pieces
Morning Rounds	½ piece	1 piece
Organic Super O's / Organic Brown Rice Blossoms/ Organic Strawberry Granola / Organic Multigrain Squares / Organic Whole Wheat Flakes	⅓ cup	⅓ cup
Quinoa Crunchies	⅓ cup	½ cup
Organic Vegetable Crackers	5 pieces	6 pieces
Puffed Rice Round / Multigrain Thins / Gingerbread Kids (shasha) / Organic Crispbread	2 pieces	2 pieces
Roasted Red Pepper Loaf / Onion Bread / Folded Basil Loaf	1/12 loaf	1/10 loaf
Rice Crackers	5 pieces	8 pieces
Snacking Rounds	inf / tod: 1 piece p.s. / kind: 1.5 pieces	2 pieces
Trail Mix / Crunchy Trail Mix	~ 1/3 cup	~1/2 cup
Tortilla Crisps	1 ½ cups	2 cups
Whole Wheat Garlic Baguette	⅓ loaf	⅓ loaf
Whole Wheat Foccacia	1/14 loaf	1/12 loaf
Whole Wheat Raisin Focaccia	1/12 loaf	1/12 loaf
Whole Wheat Mini Bagel	1 piece	1.5 pieces
Frena Bun	½ bun	½ bun

Child Care = Infant/Toddler/Preschool/Kinder

As the size of some food may vary, these portions are approximations and the quantity of food you serve may differ slightly. Portions are determined based on the *Child Care & Early Years Act* and in consultation with a Registered Dietitian.