



- 50 - 100 grams of meat, poultry or fish
- 1/3 - 2/3 can or 50 - 100 grams of canned fish
- 1-2 eggs
- 1/2 - 1 cup or 125 - 250 mL beans
- 1/3 cup or 100 grams tofu
- 2 tbsp or 30 mL of peanut butter

A serving is:



School Cafeteria Program

*Enjoy 2 to 3 servings of
meat or meat alternatives
every day!*