

According to the CN label

5 chicken nuggets=1.5 meat and .75 Bread

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| **Snack** | **1-2** | **3-5** | **6-12** |
| **Meat/meat alternate amount required**  | **½ oz.** | **½ oz.** | **1 oz.** |
| **Meat/meat alternate-** **# pieces you would need to offer**  | **2** | **2** | **3** |
| **Amount grain you would need**  | **½ slice**  | **½ slice**  | **1 slice**  |
| **Grain-# pieces you would need to offer** | **2.5** | **2.5** | **5** |
| **Lunch/Supper** |  |  |  |
| **Meat/meat alternate amount required** | **1 oz.**  | **1.5 oz.** | **2 oz.** |
| **Meat/meat alternate-** **# pieces you would need to offer** | **3** | **4** | **5** |
| **Amount of grain you would need**  | **½ slice** | **½ slice**  | **1 slice**  |
| **Grain-# pieces you would need to offer** | **2.5** | **2.5** | **5** |