**Section 407.APPENDIX E Meal Patterns and Serving Sizes for Child Care Programs**

**MEAL PATTERNS AND SERVING SIZES**

**FOR CHILD CARE PROGRAMS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MEAL | FOOD ITEMS | AGE(1-2 years) | AGE(3-5 years) | AGE(6-12 years) |
| Breakfast | Fluid Milk | ½ cup | ¾ cup | 1 cup |
|  | Juice/fruit or vegetable1 | ¼ cup | ½ cup | ½ cup |
|  | Grains/Breads | ½ serving | ½ serving | 1 serving |
|  | Bread | ½ slice or 0.5 oz. | ½ slice or 0.5 oz. | 1 slice |
|  | Or cereal cold/dry | ¼ cup | ⅓ cup or 0.5 oz. | ¾ cup or 1 oz. |
|  | Or cereal hot/cooked | ¼ cup | ¼ cup | ½ cup |
|  | Or cooked pasta/noodles | ¼ cup | ¼ cup | ½ cup |
| Lunch/Dinner | Lean meat, fish or poultry | 1 oz. | 1½ oz. | 2 oz. |
|  | Or cheese | 1 oz. | 1½ oz. | 2 oz. |
|  | Or egg | 1 | 1 | 1 |
|  | Or cooked dry beans and peas | ¼ cup | 3/8 cup | ½ cup |
|  | Or peanut butter\* | 2 Tbsp.\* | 3 Tbsp. | 4 Tbsp. |
|  | Or yogurt | ½ cup | ¾ cup | 1 cup |
|  | Fruits and/or Vegetables (2 or more total) | ¼ cup total | ½ cup total | ¾ cup total |
|  | Grains/Bread | ½ serving | ½ serving | 1 serving |
|  | Bread | ½ slice or 0.5 oz. | ½ slice or 0.5 oz. | 1 slice or1 oz. |
|  | Or cooked pasta/noodles | ¼ cup | ¼ cup | ½ cup |
|  | Fluid milk | ½ cup | ¾ cup | 1 cup |
| Snacks\*\* | Fluid milk | ½ cup | ½ cup | 1 cup |
|  | Grains/Breads | ½ serving | ½ serving | 1 serving |
|  | Bread | ½ slice or 0.5 oz. | ½ slice or 0.5 oz. | 1 slice |
|  | Or cereal cold/dry | ¼ cup | ⅓ cup | ¾ cup |
|  | Or cereal hot/cooked | ¼ cup | ¼ cup | ½ cup |
|  | Lean meat, poultry or fish | ½ oz. | ½ oz. | 1 oz. |
|  | Or cheese | ½ oz. | ½ oz. | 1 oz. |
|  | Or cooked dry beans | ⅛ cup | 1/8 cup | ¼ cup |
|  | Or peanuts, peanut butter, nuts or seeds | 1 Tbsp.\* | 1 Tbsp. | 2 Tbsp. |
|  | Juice/fruit or vegetable (full-strength juice)1 | ½ cup | ½ cup | ¾ cup |

\* Shall not be served to children under 2 years of age. Spread thinly for children ages 2-3 years or mix with other foods.

\*\* Mid-morning or mid-afternoon supplement; select 2 of the 4 components.

1 No more that 4 ounces (½ cup) of 100% juice daily. Fruit juice shall be given only as part of a meal or snack.

(Source: Amended at 38 Ill. Reg. 17293, effective August 1, 2014)