**Section 408.APPENDIX B Meal Pattern Chart for Children Over One Year of Age**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | BREAKFAST  Ages | | | | | | LUNCH/SUPPER  Ages | | | | |
|  | 1 through 2 | 3 through 5 | | 6 through 12 | | | 1 through 2 | | 3 through 5 | | 6 and older1 |
|  |  |  | |  | | |  | |  | |  |
| MILK | | | | | | | | | | | |
| Milk, fluid | ½ cup2 | ¾ cup | | 1 cup | ½ cup | | | ¾ cup2 | | 1 cup | |
|  |  |  | |  |  | | |  | |  | |
| VEGETABLES AND FRUITS4 |  | | | | | | | | | | |
| Vegetable(s) and/or fruits | ¼ cup | ½ cup | | ½ cup | ¼ cup total | | | ½ cup total | | ¼ cup total | |
| or | | | | | | | | | | | |
| Full-strength vegetable or fruit juice  or  an equivalent quantity of any combination of vegetable(s), fruit(s), and juice. | ¼ cup | ½ cup | | ½ cup |  | | | | | | |
|  |  |  | |  |  | | | | | | |
| BREAD AND BREAD ALTERNATES3 |  | | | | | | | | | | |
| Bread | ½ slice | ½ slice | | 1 slice | ½ slice | | | ½ slice | | ½ slice | |
| or | | | | | | | | | | | |
| Cornbread, biscuits, rolls, muffins, etc. | ½ serv. | ½ serv. | | 1 serv. | ½ serv. | | | ½ serv. | | 1 serv. | |
| or | | | | | | | | | | | |
| Cold dry cereal | ¼ cup or ⅓ oz. | ⅓ cup or ½ oz. | | ¾ cup or 1 oz. |  | | | | | | |
| or |  |  | |  |  | | | | | | |
| Cooked cereal | ¼ cup | ¼ cup | | ½ cup |  | | | | | | |
| or |  |  | |  |  | | | | | | |
| Cooked pasta or noodle products | ¼ cup | ¼ cup | | ½ cup |  | | | | | | |
| or | | | | | | | | | | | |
| Cooked cereal grain or an equivalent quantity of any combination of bread/bread alternate | ¼ cup | ¼ cup | ½ cup | | |  | | | | | |
| Cooked pasta or noodle products or cooked cereal grains or an equivalent quantity of any combination of bread/bread alternate |  | | | | | ¼ cup | | ¼ cup | | ½ cup | |
|  |  | | | | |  | |  | |  | |
| MEAT AND MEAT ALTERNATES |  | | | | | | | | | | |
| Lean meat or poultry or fish5 |  | | | | 1 oz. | | | 1½ oz. | | 2 oz. | |
| or | | | | | | | | | | | |
| Cheese |  | | | | 1 oz. | | | 1½ oz. | | 2 oz. | |
| or | | | | | | | | | | | |
| Eggs |  | | | | 1 egg | | | 1 egg | | 1 egg | |
| or | | | | | | | | | | | |
| Cooked dry beans or peas |  | | | | ¼ cup | | | 3/8 cup | | ½ cup | |
| or | | | | | | | | | | | |
| An equivalent quantity of any combination of meat/meat alternate |  | | | | 2 tbsp. | | | 3 tbsp. | | 4 tbsp. | |
| or | | | | | | | | | | | |
| Peanut butter |  | | | | --- | | | 3 tbsp. | | 4 tbsp. | |

1 Children age 12 and up may be served adult-size portions based on the greater food needs of older boys and girls, but shall be served not less than the minimum quantities specified for children age 6 to 12.

2 For purposes of the requirements outlined, a cup means a standard measuring cup.

Bread, pasta, or noodle products and cereal grains shall be whole-grain or enriched. Cornbread, biscuits, rolls, muffins, etc., shall be made with whole-grain or enriched meal or flour. Cereal shall be whole-grain or enriched or fortified.

4 Serve 2 or more kinds of vegetables and/or fruits. Full strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

5 Cooked lean meat without bone.

(Source: Amended at 32 Ill. Reg. 9164, effective June 20, 2008)