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

|  |  |  |
| --- | --- | --- |
|  | BREAKFASTAges | LUNCH/SUPPERAges |
|  | 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 juiceoran 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)