**Section 406.APPENDIX B Meal Pattern Chart for Children Over One Year of Age**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  | BREAKFAST |  | LUNCH/SUPPER |
|  |  | Ages |  | 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 cup2 | ¾ cup | 1 cup |
|  |  |  |  |  |  |  |  |  |
| **VEGETABLES AND FRUITS4** |  |  |  |  |  |  |
| Vegetable(s) and/or fruit(s) | ¼ cup | ½ cup | ½ cup | ¼ cup total | ½ cup total | ¾ 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 | 1 slice |
| or |  |  |  |  |  |  |  |  |
| Cornbread, biscuits, rolls, muffins, etc. | ½ serving | ½ serving | 1 serving | ½ serving | ½ serving | 1 serving |
| or |  |  |  |  |  |  |  |  |
| Cold dry cereal | ¼ cup or | ⅓ cup or | ¾ cup or |  |  |  |
|  |  |  | ⅓ oz. | ½ oz. | 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 | ⅜ cup | ½ cup |
| or |  |  |  |  |  |  |  |  |
| An equivalent quantity of any combination of meat/meat alternate |  |  |  | 2 tbsp. | 3 tbsp. | 4 tbsp. |
| orPeanut butter |  |  |  | --- | 3 tbsp. | 4 tbsp. |
|  |  |  |  |  |  |  |

1 Children age 12 and up may be served adult-sized 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 up to 12.

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

3 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. 9137, effective June 20, 2008)