

MEAL PATTERN FOR CHILDREN –
Ages 1 through 12 Years, 13 through 18
 Child and Adult Care Food Programs

Illinois State Board of Education
 Nutrition Division
 100 North First Street
 Springfield, Illinois 62777-0001
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Breakfast				
(Select all three components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1 and 2	Ages 3 through 5	Ages 6 through 12	Ages 13-18 ² <small>(at-risk afterschool programs and emergency shelters only)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both⁴	¼ cup	½ cup	½ cup	½ cup
Grains (oz eq)^{5,6,7}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched, or fortified ready-to-eat breakfast cereal (dry,cold) ^{8,9}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	1/8 cup	1/8 cup	¼ cup	¼ cup

¹Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

²Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³Must be unflavored whole milk for children age one. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2 through 5 years old. Must be unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children 6 years old and older.

⁴Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁵At least one serving per day, across all reimbursable meal services, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁶Meat/meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat/ meat alternates is equal to one-ounce equivalent of grains.

⁷Beginning Oct. 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁸Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

⁹Beginning Oct. 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until Oct. 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereal is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; and ¾ cup for children ages 6-12.

Lunch and Supper

(Select all five components for a reimbursable meal)

Food Components and Food Items ¹	Ages 1 and 2	Ages 3 through 5	Ages 6 through 12	Ages 13-18 ² (at-risk afterschool programs and emergency shelters only)
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounce	2 ounce
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounce	2 ounce
Cheese	1 ounce	1 ½ ounce	2 ounce	2 ounce
Large Egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	3/8 cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tablespoon	3 tablespoon	4 tablespoon	4 tablespoon
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounce of nuts/seeds = 1 ounce of cooked meal, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	1/8 cup	¼ cup	½ cup	½ cup
Fruits^{6,7}	1/8 cup	¼ cup	¼ cup	¼ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

¹ Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2 through 5 years old. Must be unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children 6 years old and older.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁸ At least one serving per day, across all reimbursable meal services, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement

⁹ Beginning Oct. 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

¹⁰ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

Snack

(Select two of the five components for a reimbursable meal)

Food Components and Food Items ¹	Ages 1 and 2	Ages 3 through 5	Ages 6 through 12	Ages 13-18 ² (at-risk afterschool programs and emergency shelters only)
Fluid Milk³	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Tofu, soy product, or alternate protein products ⁴	½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Large Egg	½	½	½	½
Cooked dry beans or peas	1/8 cup	1/8 cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tablespoon	1 tablespoon	2 tablespoon	2 tablespoon
Yogurt, plain or flavored unsweetened or sweetened ⁵	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce	1 ounce
Vegetables⁶	½ cup	½ cup	¾ cup	¾ cup
Fruits⁶	½ cup	½ cup	¾ cup	¾ cup
Grains (oz eq)^{7,8}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched, or fortified ready-to-eat breakfast cereal (dry,cold) ^{9,10}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	1/8 cup	1/8 cup	¼ cup	¼ cup

¹ Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2 through 5 years old. Must be unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children 6 years old and older.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ At least one serving per day, across all reimbursable meal services, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement

⁸ Beginning Oct. 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁹ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

¹⁰ Beginning Oct. 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until Oct. 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; and ¾ cup for children ages 6-12.

GRAIN/BREAD REQUIREMENTS

CRITERIA FOR DETERMINING ACCEPTABLE GRAINS/BREADS:

The item must be enriched or whole-grain or made from enriched or whole-grain, meal or flour. If it is a cereal, the product must be enriched, whole-grain, or fortified.

WHAT IS WHOLE GRAIN-RICH (WGR)?

Whole grain-rich foods contain 100% whole grains, or at least 50% whole grains, and the remaining grains are enriched.

IDENTIFYING WHOLE GRAINS (This is not an all-inclusive list):

Amaranth, brown rice, wild rice, buckwheat, bulgur (cracked wheat), bromated whole wheat flour, crushed wheat, graham flour, millet, oatmeal or rolled oats, quinoa, triticale, whole grain barley, whole rye, whole grain corn, whole cornmeal, whole grain sorghum, whole grain triticale, whole durum wheat, whole-wheat.

CRITERIA FOR DETERMINING A GRAIN AS WHOLE GRAIN:

1. The label says 100% whole grain or 100% whole wheat.
2. The package includes one of the following health claims:
 - “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.”
 - Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”
3. Use the ingredient list:
 - A whole grain is listed as the first ingredient or second after water.
4. In mixed dishes (i.e. pizza, burrito, pasta entrée), a whole grain is the first grain ingredient listed in the ingredients, or multiple whole grains are the primary grain ingredient by weight.

If the food includes many different types of grains, proper documentation from the manufacturer or a standardized recipe is required.

CRITERIA FOR DETERMINING MINIMUM-SERVING SIZES IN RECIPES:

The Grains/Breads Chart lists equivalent, minimum, serving sizes for a wide variety of grain/bread products. In lieu of using the minimum serving sizes listed in the chart, the contribution of a recipe may be calculated to determine the number of grains/breads servings the recipe provides. The crediting of a food item as a grains/breads serving is determined by the total amount of enriched or whole-grain meal and/or flour in the recipe divided by the number of servings the recipe yields. The amount of enriched or whole-grain meal and/or flour contained in each serving is then divided by 14.75 grams.

CRITERIA FOR DETERMINING MINIMUM-SERVING SIZES IN GRAINS/BREADS CHART:

The following Grains/Breads Chart has been divided into nine groups. The required weight for each group is based on the key nutrients in one slice of bread (25 grams or 0.9 ounce) or an equal amount (14.75 grams) of enriched or whole-grain meal and/or flour. Within each group, all bread items have approximately the same nutrient and grain content in each serving. Items with fillings, toppings, etc. require larger serving sizes to meet the minimum grain content.

RECORD KEEPING REQUIREMENT:

Whole grain (WG) or whole grain-rich (WGR) must be written on menus next to the grain item. If you do not serve a WGR item on a given day, the least reimbursable meal or snack serving a grain must not be claimed.

Proper documentation, such as a Child Nutrition (CN) label or a product formulation statement or an ingredient panel or a standardized recipe, must be on file to demonstrate that whole grains are the primary ingredient by weight.

EXHIBIT A: GRAIN REQUIREMENT FOR CHILD NUTRITION PROGRAMS^{1,2}

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Some of the following foods, or their accompaniments, may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

GROUP A	Ounce Equivalent (Oz Eq) for Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none"> • Breading-Type Coating • Bread Sticks (<i>hard</i>) • Chow Mein Noodles • Savory Crackers (<i>saltines and snack crackers</i>) • Croutons • Pretzels, (<i>hard</i>) • Stuffing, (<i>dry</i>) Note: weights apply to bread in stuffing. 	1 oz eq = 22 gm or 0.8 oz ¾ oz eq = 17 gm or 0.6 oz ½ oz eq = 11 gm or 0.4 oz ¼ oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz ¾ serving = 15 gm or 0.5 oz ½ serving = 10 gm or 0.4 oz ¼ serving = 5 gm or 0.2 oz
GROUP B	Oz Eq for Group B	Minimum Serving Size for Group B
<ul style="list-style-type: none"> • Bagels • Batter type Coating • Biscuits • Breads – all (i.e. <i>white, wheat, whole wheat, French, Italian</i>) • Buns (<i>hamburger and hot dog</i>) • Sweet Crackers⁵ (<i>graham crackers – all shapes, animal crackers</i>) • Egg Roll Skins • English Muffins • Pita Bread • Pizza Crust • Pretzels (<i>soft</i>) • Rolls • Tortillas • Tortilla Chips • Taco Shells 	1 oz eq = 28 gm or 1.0 oz ¾ oz eq = 21 gm or 0.75 oz ½ oz eq = 14 gm or 0.5 oz ¼ oz eq = 7 gm or 0.25 oz	1 serving = 25 gm or 0.9 oz ¾ serving = 19 gm or 0.7 oz ½ serving = 13 gm or 0.5 oz ¼ serving = 6 gm or 0.2 oz
GROUP C	Oz Eq for Group C	Minimum Serving Size for Group C
<ul style="list-style-type: none"> • Cookies³ (<i>plain – includes vanilla wafers</i>) • Cornbread • Corn Muffins • Croissants • Pancakes • Pie Crust (<i>dessert pies³, cobbler³, fruit turnover⁴, and meat/meat alternate pies</i>) • Waffles 	1 oz eq = 34 gm or 1.2 oz ¾ oz eq = 26 gm or 0.9 oz ½ oz eq = 17 gm or 0.6 oz ¼ oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz ¾ serving = 23 gm or 0.8 oz ½ serving = 16 gm or 0.6 oz ¼ serving = 8 gm or 0.3 oz
GROUP D	Oz Eq for Group D	Minimum Serving Size for Group D
<ul style="list-style-type: none"> • Doughnuts⁴ (<i>cake and yeast, raised, unfrosted</i>) • Cereal bars, breakfast bars, granola bars⁴ (<i>plain</i>) • Muffins (<i>all, except corn</i>) • Quick Breads • Sweet Roll, Sticky Buns, Cinnamon Rolls, Danish Pastries, Caramel Rolls⁴ (<i>unfrosted</i>) • Toaster Pastry⁴ (<i>unfrosted</i>) 	1 oz eq = 55 gm or 2.0 oz ¾ oz eq = 42 gm or 1.5 oz ½ oz eq = 28 gm or 1.0 oz ¼ oz eq = 14 gm or 0.5 oz	1 serving = 50 gm or 1.8 oz ¾ serving = 38 gm or 1.3 oz ½ serving = 25 gm or 0.9 oz ¼ serving = 13 gm or 0.5 oz

GROUP E	Oz Eq for Group E	Minimum Serving Size for Group E
<ul style="list-style-type: none"> Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts⁴ (cake and yeast raised, frosted or glazed) French Toast Sweet Roll, Sticky Buns, Cinnamon Rolls, Danish Pastries, Caramel Rolls⁴ (frosted) Toaster Pastry⁴ (frosted) 	1 oz eq = 69 gm or 2.4 oz ¾ oz eq = 52 gm or 1.8 oz ½ oz eq = 35 gm or 1.2 oz ¼ oz eq = 18 gm or 0.6 oz	1 serving = 63 gm or 2.2 oz ¾ serving = 47 gm or 1.7 oz ½ serving = 31 gm or 1.1 oz ¼ serving = 16 gm or 0.6 oz
GROUP F	Oz Eq for Group F	Minimum Serving Size for Group F
<ul style="list-style-type: none"> Cake³ (plain, unfrosted) Coffee Cake⁴ 	1 oz eq = 82 gm or 2.9 oz ¾ oz eq = 62 gm or 2.2 oz ½ oz eq = 41 gm or 1.5 oz ¼ oz eq = 21 gm or 0.7 oz	1 serving = 75 gm or 2.7 oz ¾ serving = 56 gm or 2 oz ½ serving = 38 gm or 1.3 oz ¼ serving = 19 gm or 0.7 oz
GROUP G	Oz Eq for Group G	Minimum Serving Size for Group G
<ul style="list-style-type: none"> Brownies³ (plain) Cake³ (all varieties, frosted) 	1 oz eq = 125 gm or 4.4 oz ¾ oz eq = 94 gm or 3.3 oz ½ oz eq = 63 gm or 2.2 oz ¼ oz eq = 32 gm or 1.1 oz	1 serving = 115 gm or 4 oz ¾ serving = 86 gm or 3 oz ½ serving = 58 gm or 2 oz ¼ serving = 29 gm or 1 oz
GROUP H	Oz Eq for Group H	Minimum Serving Size for Group H
<ul style="list-style-type: none"> Cereal Grains (barley, quinoa, etc.) Breakfast Cereals (cooked)^{6,7} Bulgur or cracked wheat Corn Grits Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice 	1 oz eq = ½ cup cooked or 1 ounce (28 gm) dry	1 serving = ½ c cooked or 25 gm or 0.9 oz dry ¾ serving = ¾ c cooked or 19 gm or 0.7 oz dry ½ serving = ¼ c cooked or 13 gm or 0.5 oz dry ¼ serving = 2 T cooked or 6 gm or 0.2 oz dry
GROUP I	Oz Eq for Group I	Minimum Serving Size for Group I
<ul style="list-style-type: none"> Ready to eat breakfast cereal (cold, dry)^{6,7} 	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = ¼ cup or 1 ounce for granola	1 serving = ¾ c or 1 oz, whichever is less ½ serving = ⅓ c or 0.5 oz, whichever is less

¹In NSLP and SBP (grades K-12), all grains served must meet whole grain-rich criteria. For all other Child Nutrition Programs, grains are whole grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ. Under CACFP child and adult meal patterns, and in NSLP/SBP preschool meals, at least one grain serving per day must meet whole grain-rich criteria.

²For NSLP and SBP (grades K-12), grain quantities are determined using ounce equivalents (oz eq). All other Child Nutrition Programs determine grain quantities using grains/bread servings. Beginning October 1, 2019, grain quantities in CACFP and NSLP/SBP preschool meals will be determined using oz eq.

³Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count towards the grain component in CACFP or NSLP/SBP preschool meals beginning October 1, 2017, as specified in §§226.20(a)(4) and 210.10.

⁴Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count towards the grain component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count towards the grain component in the CACFP and NSLP/SBP preschool meals beginning Oct. 1, 2017, as specified in §§226.20(a)(4) and 210.10.


⁵Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10. May count towards the grain component in SBP (grades K-12), CACFP, NSLP/SBP preschool meals, and SFSP.

⁶Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfast served in the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁷In the NSLP and SBP, cereals must list a whole grain as the first ingredient and be fortified, or if the cereal is 100 percent whole grain, fortification is not required. For CACFP and SFSP, cereals must be whole-grain, enriched, or fortified; cereals served in CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of sugar per dry ounce.

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