

REQUIRED MEAL PATTERNS

SUMMER FOOD SERVICE PROGRAM ILLINOIS STATE BOARD OF EDUCATION

Each meal must contain, at a minimum, foods from each of the components indicated.



MEAL	FOOD COMPONENTS	AMOUNT
Breakfast	Fluid Milk ¹	1 cup
	Juice or Fruit or Vegetable	½ cup
	Grain/Bread ²	1 serving
Lunch/Supper	Fluid Milk ¹	1 cup
	Meat/Meat Alternate ³	2 ounces
	Juice or Fruit or Vegetable ⁴ (2 servings)	¾ cup total
	Grain/Bread ²	1 serving
Snack (any two items)	Fluid Milk ¹	1 cup
	Juice or Fruit or Vegetable ⁵	¾ cup
	Meat/Meat Alternate ³	1 ounce
	Grain/Bread ²	1 serving

¹Milk must be served as a beverage, on cereal, or in part for each purpose.

²Refer to Grains/Breads Requirements on following pages.

³Refer to Meat/Meat Alternate Requirements on following pages.

⁴Serve two or more kinds of vegetables and/or fruits or a combination of both. Full-strength fruit or vegetable juice may be counted to meet no more than half of this requirement.

⁵Juice may not be served when milk is served as the only other component.

GRAINS/BREADS REQUIREMENTS

The item must be whole-grain, enriched, made from whole-grain or enriched meal or flour, or bran or germ. If it is a cereal, the product must be whole-grain, enriched, or fortified. In lieu of using the minimum serving sizes listed, 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 flour or meal contained in each serving is then divided by 14.75 grams. Bran, germ, and corn meal are calculated in the same manner. For recipes with ingredients listed in Groups H and I, follow the weights and volumes listed for the specific servings in these groups.

MINIMUM SERVING SIZES

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 ounces) or an equal amount (14.75 grams) of whole-grain, enriched flour, bran, or germ. 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. Some of the following foods, or their accompaniments, may contain more sugar, salt, and/or fat than others. This should be considered when deciding how often to serve them.

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 • Crackers, <i>saltines, snack</i> • Croutons • Pretzels, <i>hard</i> • Stuffing, <i>dry</i> 	1 serving = 20 g or 0.7 oz
GROUP B	MINIMUM SERVING SIZE FOR GROUP B
<ul style="list-style-type: none"> • Bagels, Biscuits • Batter Type Coating • Breads, <i>white, wheat, whole wheat, French, Italian</i> • Buns, <i>hamburger, hot dog</i> • Crackers, <i>graham (all shapes), animal</i> • Egg Roll Skins • English Muffins • Pita Bread, <i>white, wheat, whole wheat</i> • Pizza Crust • Pretzels, <i>soft</i> • Rolls, <i>white, wheat, whole wheat, potato</i> • Tortillas, <i>wheat, corn</i> • Tortilla Chips, <i>wheat, corn</i> • Taco Shells 	1 serving = 25 g or 0.9 oz
GROUP C	MINIMUM SERVING SIZE FOR GROUP C
<ul style="list-style-type: none"> • Cookies¹, <i>plain</i> • Cornbread, Corn Muffins • Croissants, Pancakes, Waffles • Pie Crust, <i>dessert, meat/meat alternate</i> • Turnover Crust² 	1 serving = 31 g or 1.1 oz
GROUP D	MINIMUM SERVING SIZE FOR GROUP D
<ul style="list-style-type: none"> • Doughnuts², <i>cake, yeast, raised, unfrosted</i> • Granola Bars², <i>plain</i> • Muffins, <i>all but corn</i> • Sweet Roll • Toaster Pastry², <i>unfrosted</i> 	1 serving = 50 g or 1.8 oz

GROUP E	MINIMUM SERVING SIZE FOR GROUP E
<ul style="list-style-type: none"> • Cookies¹, <i>with nuts, raisins, chocolate pieces, fruit purees</i> • Doughnuts², <i>cake, yeast, raised, frosted, glazed</i> • French Toast • Grain Fruit Bars² • Granola Bars² <i>with nuts, raisins, chocolate pieces, fruit</i> • Sweet Rolls, Toaster Pastry², <i>frosted</i> 	1 serving = 63 g or 2.2 oz
GROUP F	MINIMUM SERVING SIZE FOR GROUP F
<ul style="list-style-type: none"> • Cake¹, <i>plain, unfrosted</i> • Coffee Cake² 	1 serving = 75 g or 2.7 oz
GROUP G	MINIMUM SERVING SIZE FOR GROUP G
<ul style="list-style-type: none"> • Brownies¹, <i>plain</i> (Allowed only for snack) • Cake¹, <i>frosted, all varieties</i> (Allowed for breakfast or snack) 	1 serving = 115 g or 4 oz
GROUP H	MINIMUM SERVING SIZE FOR GROUP H
<ul style="list-style-type: none"> • Barley, <i>Bulgar</i> • Breakfast Cereals, <i>cooked</i> • Corn Grits • Macaroni, <i>all shapes</i> • Noodles, <i>egg – all varieties</i> • Pasta, <i>all shapes</i> • Ravioli, <i>noodle only</i> • Rice, <i>enriched white or brown</i> 	1 serving = ½ c cooked or 25 g or 0.9 oz dry
GROUP I	MINIMUM SERVING SIZE FOR GROUP I
<ul style="list-style-type: none"> • Breakfast Cereal, <i>dry</i> • Rice Cakes 	1 serving = lesser of ¾ c or 1 oz

¹Allowed only for desserts or snacks.

²Allowed for breakfast and/or snack.

MEAT/MEAT ALTERNATE

Meat/meat alternates must be served at lunch and supper and may be served as part of the snack. A serving of cooked lean meat, poultry, or fish (without the weight of bone or breading), cheese, yogurt, cooked dry beans/peas, eggs, peanut butter or other nut butters, and nuts or seeds, or any combination of these may be used to meet this requirement. You may serve these foods as the entrée or as part of the entrée and in one other menu item. Examples: ground meat and cheese combined in a casserole meet the requirement of a main entrée; a peanut butter sandwich and half of a deviled egg meet the requirement as part of the entrée and an additional menu item.

Nuts and seeds may not fulfill more than 50 percent of the meat/meat alternate requirement for lunch or supper, but may fulfill the entire requirement for a snack. For the purpose of determining combinations, one ounce of nuts or seeds is equal to one ounce of cooked lean meat, poultry, or fish. The nuts and seeds that may be used as a meat alternate include peanuts, soynuts, tree nuts (almonds, walnuts, and pecans), and seeds (sunflower, sesame, and pumpkin).

MEAT/MEAT ALTERNATE	SERVING SIZE—LUNCH/SUPPER
<ul style="list-style-type: none"> • Lean Meat, Poultry, Fish • Cheese • Eggs • Yogurt • Cooked Dry Beans/Peas • Nut Butters • Nuts 	2 oz 2 oz 1 egg 8 oz ½ c 2 T = 50% 1 oz = 50%