

MEAL CHART

Child and Adult Care Food Program

Illinois State Board of Education
 Nutrition Programs and Support Services
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MEAL	FOOD COMPONENTS	AGE 1 and 2	AGE 3 through 5	AGE 6 through 12
Breakfast	Fluid Milk	1/2 c	3/4 c	1 c
	Juice or Fruit or Vegetable	1/4 c	1/2 c	1/2 c
	Grains/Breads¹ Cold Dry Cereal	1/2 serving 1/4 c or 1/3 oz	1/2 serving 1/3 C or 1/2 oz	1 serving 3/4 c or 1 oz
Supplement/ Snack Select 2 Different Components	Fluid Milk	1/2 c	1/2 c	1 c
	Juice² or Fruit or Vegetable	1/2 c	1/2 c	3/4 c
	Meat or Meat Alternate			
	Meat or Poultry or Fish ³ or	1/2 oz	1/2 oz	1 oz
	Alternate Protein Product ⁴	1/2 oz	1/2 oz	1 oz
	Cheese or	1/2 oz	1/2 oz	1 oz
	Egg (large) or	1/2	1/2	1/2
	Cooked Dry Beans or Dry Peas or	1/8 c	1/8 c	1/4 c
	Peanut Butter or other Nut/Seed	1 T	1 T	2 T
	Butters or			
Nut and/or Seeds or	1/2 oz	1/2 oz	1 oz	
Yogurt – Plain or Sweetened/ Flavored	1/4 c	1/4 c	1/2 c	
	Grains/Breads¹ Cold Dry Cereal	1/2 serving 1/4 c or 1/3 oz	1/2 serving 1/3 c or 1/2 oz	1 serving 3/4 c or 1 oz
Lunch/Supper	Fluid Milk	1/2 c	3/4 c	1 c
	Meat or Meat Alternate			
	Meat or Poultry or Fish ³ or	1 oz	1 1/2 oz	2 oz
	Alternate Protein Product ⁴	1 oz	1 1/2 oz	2 oz
	Cheese or	1 oz	1 1/2 oz	2 oz
	Egg (large) or	1/2	3/4	1
Cooked Dry Beans or Dry Peas or	1/4 c	3/8 c	1/2 c	
Peanut Butter or other Nut/Seed	2 T	3 T	4 T	
Butters or				
Nut and/or Seeds ⁵	1/2 oz	3/4 oz	1 oz	
Yogurt–Plain or Sweetened/ Flavored	1/2 c	3/4 c	1 c	
	Vegetables and/or Fruits⁶ (2 or more)	1/4 c total	1/2 c total	3/4 c total
	Grains/Breads¹ Cold Dry Cereal	1/2 serving 1/4 c or 1/3 oz	1/2 serving 1/3 c or 1/2 oz	1 serving 3/4 c or 1 oz

¹ Refer to Grains/Breads Chart on reverse side.

² Juice may not be served when milk is served as the only other component.

³ Edible portion as served.

⁴ A manufacturer supplying an alternate protein product must provide documentation that the product meets all the following criteria.

- Processed so that some portion of the non-protein constituents of the food is removed;
- Safe and suitable edible products produced from plant or animal sources;
- Produced so the at biological quality of the protein is at least 80 percent that of casein; and
- Contain at least 18 percent protein by weight when fully hydrated or formulated.

⁵ No more than 50 percent of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purposes of determining combination one ounce of nuts or seeds is equal to one ounce of cooked lean meat, poultry, or fish.

⁶ Full-strength vegetable or fruit juice may be counted to meet not more than one-half of the requirement.

GRAINS/BREADS 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.

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. Examples of enriched or whole-grain meal and/or flour would include enriched wheat flour, whole wheat, bran, germ, corn, or oatmeal (ground from whole grain), and enriched corn flour.

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.

GRAINS/BREADS CHART

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	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 • Melba Toast • Pretzels, <i>hard</i> • Rye Wafers • Stuffing, <i>dry</i> 	1 serving = 20 g or 0.7 oz $\frac{3}{4}$ serving = 15 g or 0.5 oz $\frac{1}{2}$ serving = 10 g or 0.4 oz $\frac{1}{4}$ serving = 5 g or 0.2 oz
GROUP B	MINIMUM SERVING SIZE FOR GROUP B
<ul style="list-style-type: none"> • Bagels or Bagel Chips • Batter Type Coating • Biscuits • 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 or Wonton Wrappers • 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 $\frac{3}{4}$ serving = 19 g or 0.7 oz $\frac{1}{2}$ serving = 13 g or 0.5 oz $\frac{1}{4}$ serving = 6 g or 0.2 oz

GROUP C	MINIMUM SERVING SIZE FOR GROUP C
<ul style="list-style-type: none"> • Cookies,¹ plain • Cornbread • Corn Muffins • Crepes • Croissants • Hush Puppies • Pancakes • Pie Crust, <i>dessert pies¹, meat/meat alternate pies</i> • Popovers • Sopaipillas • Turnover Crust² • Waffles 	1 serving = 31 g or 1.1 oz $\frac{3}{4}$ serving = 23 g or 0.8 oz $\frac{1}{2}$ serving = 16 g or 0.6 oz $\frac{1}{4}$ serving = 8 g or 0.3 oz
GROUP D	MINIMUM SERVING SIZE FOR GROUP D
<ul style="list-style-type: none"> • Doughnuts,² cake and yeast, <i>raised, unfrosted</i> • Granola bars,² <i>plain</i> • Muffins, all but corn • Quick Breads • Sweet roll, sticky buns, cinnamon rolls, Danish pastries, caramel rolls,² <i>unfrosted</i> • Toaster Pastry,² <i>unfrosted</i> 	1 serving = 50 g or 1.8 oz $\frac{3}{4}$ serving = 38 g or 1.3 oz $\frac{1}{2}$ serving = 25 g or 0.9 oz $\frac{1}{4}$ serving = 13 g or 0.5 oz
GROUP E	MINIMUM SERVING SIZE FOR GROUP E
<ul style="list-style-type: none"> • Cookies,¹ <i>with nuts, raisins, chocolate pieces, fillings, and/or fruit purees</i> • Doughnuts,² cake and yeast, <i>raised, frosted or glazed</i> • French Toast • Grain Fruit Bars² • Granola Bars² <i>with nuts, raisins, chocolate pieces and/or fruit</i> • Scones • Sweet Rolls, sticky buns, cinnamon rolls, Danish pastries, caramel rolls,² <i>frosted</i> • Toaster Pastry,² <i>frosted</i> 	1 serving = 63 g or 2.2 oz $\frac{3}{4}$ serving = 47 g or 1.7 oz $\frac{1}{2}$ serving = 31 g or 1.1 oz $\frac{1}{4}$ serving = 16 g or 0.6 oz
GROUP F	MINIMUM SERVING SIZE FOR GROUP F
<ul style="list-style-type: none"> • Cake¹ – plain, <i>unfrosted</i> • Coffee Cake² 	1 serving = 75 g or 2.7 oz $\frac{3}{4}$ serving = 56 g or 2 oz $\frac{1}{2}$ serving = 38 g or 1.3 oz $\frac{1}{4}$ serving = 19 g or 0.7 oz
GROUP G	MINIMUM SERVING SIZE FOR GROUP G
<ul style="list-style-type: none"> • Brownies,¹ plain • Cake¹ – all varieties, <i>frosted</i> 	1 serving = 115 g or 4 oz $\frac{3}{4}$ serving = 86 g or 3 oz $\frac{1}{2}$ serving = 58 g or 2 oz $\frac{1}{4}$ serving = 29 g or 1 oz
GROUP H	MINIMUM SERVING SIZE FOR GROUP H
<ul style="list-style-type: none"> • Barley • Breakfast Cereals, <i>cooked</i> • Bulgur, <i>cracked wheat</i> • Corn Grits • Macaroni, <i>all shapes</i> • Noodles, egg - <i>all varieties</i> • Pasta, <i>all shapes</i> • Ravioli, <i>noodle only</i> • Rice, <i>enriched white or brown</i> 	1 serving = $\frac{1}{2}$ c cooked or 25 g or 0.9 oz dry $\frac{3}{4}$ serving = $\frac{3}{8}$ c cooked or 19 g or 0.7 oz dry $\frac{1}{2}$ serving = $\frac{1}{4}$ c cooked or 13 g or 0.5 oz dry $\frac{1}{4}$ serving = 2 T cooked or 6 g or 0.2 oz dry
GROUP I	MINIMUM SERVING SIZE FOR GROUP I
<ul style="list-style-type: none"> • Breakfast Cereal,³ <i>dry</i> • Rice Cakes 	1 serving = $\frac{3}{4}$ c or 1 oz, whichever is less $\frac{1}{2}$ serving = $\frac{1}{3}$ c or 0.5 oz, whichever is less

¹ Allowed only as a dessert for a snack.

² Allowed for breakfast and/or snack.

³ Refer to Food Chart for the appropriate serving size for children ages 1 and 2.