

GRAIN / BREAD GUIDELINES

GROWING WITH GRAINS



The West Virginia Department of Education's Office of Child Nutrition launched **Leap of Taste - WV Child Care Nutrition Standards** to empower child care providers to play an important part in providing nutritious food and teaching children how to make healthy food choices. The standards ensure that child care centers comply with nutritious food guidelines for **beverages, milk, fruits & vegetables, meats and meat alternates, and grains and breads**. By sharing information with families, together we can create a culture that embraces what's best for our children.

AGE	ITEM	LUNCH	SNACKS
4 - 7 months	Iron-fortified infant cereal	0 – 3 Tbsp.	
8 – 11 months	Iron-fortified infant cereal	2 – 4 Tbsp.	
	Bread		1/2 slice
	Crackers		2 crackers
1-2 years	Bakery items including, but not limited to, bread, bagels, and other bakery items		1/2 slice
	Cereals, hot or cold	1/4 cup (2 oz.)	
	Pasta, noodles, or grains	1/4 cup (2 oz.)	
3-5 years	Bakery items including, but not limited to, bread, bagels, and other bakery items		1/2 slice
	Cereals (cold)		1/3 cup (2.5 oz.)
	Cereals (hot)		1/4 cup (2 oz.)
	Pasta, noodles, or grains		1/4 cup (2 oz.)
6-12 years	Bakery items including, but not limited to, bread, bagels, and other bakery items		1 slice
	Cereals (cold)		3/4 cup (6 oz.)
	Cereals (hot)		1/2 cup (4 oz.)
	Pasta, noodles, or grains		1/2 cup (4oz.)

This is a portion guide for grains and breads listed by age group. Only recommended items are shown.



This institution is an equal opportunity provider.

