

# MEATS / MEAT ALTERNATES

MEAT MATTERS



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	MEALS	SNACKS
8 – 11 months	Chicken, meat, egg, cooked beans or peas	1 – 4 Tbsp.	
	Cottage cheese	1 – 4 oz.	
	Cheese	1/2 oz. – 2 oz.	
1-2 years	Meat, poultry, boneless fish, or alternate protein product	1 oz.	1/2 oz.
	Cheese	1/8 cup (1oz. or 2 Tbsp.)	1/16 cup (1/2 oz. or 1 Tbsp.)
	Egg	1/2 egg	
	Beans or peas	1/4 cup (2 oz. or 4 Tbsp.)	1/8 cup (1 oz. or 2 Tbsp.)
	Nut butters (peanut or soy)	1 oz. (2 Tbsp.)	1/2 oz. (1 Tbsp.)
	Nuts and/or seeds	1/16 cup (1/2 oz. or 1 Tbsp.)	
	Yogurt	1/2 cup (4 oz.)	1/4 cup (2 oz.)
3-5 years	Meat, poultry, boneless fish, or alternate protein product	1 1/2 oz.	1/2 oz.
	Cheese	1 1/2 oz. (3 Tbsp.)	1/16 cup (1/2 oz. or 1 Tbsp.)
	Egg	3/4 egg	1/2 egg
	Beans or peas	3/8 cup (3 oz. or 6 Tbsp.)	1/8 cup (1 oz. or 2 Tbsp.)
	Nut butters (peanut or soy)	1 1/2 oz. (3 Tbsp.)	1/2 oz. (1 Tbsp.)
	Nuts and/or seeds	3/4 oz. (1 1/2 Tbsp.)	1/2 oz. (1 Tbsp.)
	Yogurt	3/4 cup (6 oz.)	1/4 cup (2 oz.)
6-12 years	Meat, poultry, boneless fish, or alternate protein product	2 oz.	1 oz.
	Cheese	1/4 cup (2 oz. or 4 Tbsp.)	1/8 cup (1oz. or 2 Tbsp.)
	Egg	1 egg	1/2 egg
	Beans or peas	1/2 cup (4 oz. or 8 Tbsp.)	1/4 cup (2 oz. or 4 Tbsp.)
	Nut butters (peanut or soy)	1/4 cup (2 oz. or 4 Tbsp.)	1/8 cup (1oz. or 2 Tbsp.)
	Nuts and/or seeds	1/8 cup (1oz. or 2 Tbsp.)	
	Yogurt	1 cup (8 oz.)	1/2 cup (4 oz.)

This is a portion guide for meats and meat alternates listed by age group. Only recommended items are shown.



This institution is an equal opportunity provider.



WV CHILD CARE NUTRITION STANDARDS