

When planning meals and snacks, child care centers shall follow the meal and snack patterns developed for the United State Department of Agriculture’s (USDA) Child and Adult Care Food Program (CACFP) or the West Virginia Leap of Taste Child Nutrition Standards (WV CACFP standards). The tables shown are current at the effective date of this rule; please refer to the following web site for current meal and snack patterns: <https://www.fns.usda.gov/cacfp>.

**Table A §78-1-16.1 Infant Meal Pattern – Breakfast**

| Breakfast  |  |
|--|--|
| Birth through 5 months   | 6 through 11 months  |
| 4-6 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup> | 6-8 fluid ounces breastmilk or formula; and<br><br>0-4 tablespoons infant cereal <sup>3</sup><br>meat,<br>fish,<br>poultry,<br>whole egg,<br>cooked dry beans, or<br>cooked dry peas; or<br>0-2 ounces of cheese; or<br>0-4 ounces (volume) of cottage cheese; or<br>0-4 ounces or 1/2 cup of yogurt <sup>4</sup> ; or a combination of the above <sup>5</sup> ; and<br><br>0-2 tablespoons vegetable or fruit or a combination of both <sup>6</sup> |

<sup>1</sup> Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

<sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>3</sup> Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

<sup>4</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>5</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>6</sup> Fruit and vegetable juices must not be served.

Table B §78-1-16.1 Infant Meal Pattern – Lunch and Supper

| Lunch and Supper   |   |
|--|---|
| Birth through 5 months   | 6 through 11 months   |
| 4-6 fluid ounces breastmilk <sup>7</sup> or formula <sup>8</sup> | 6-8 fluid ounces breastmilk or formula; and<br><br>0-4 tablespoons infant cereal <sup>9</sup><br>meat,<br>fish,<br>poultry,<br>whole egg,<br>cooked dry beans, or<br>cooked dry peas; or<br>0-2 ounces of cheese; or<br>0-4 ounces (volume) of cottage cheese; or<br>0-4 ounces or <sup>1</sup> / <sub>2</sub> cup of yogurt <sup>10</sup> ; or a combination of the above <sup>11</sup> ; and<br><br>0-2 tablespoons vegetable or fruit or a combination of both <sup>12</sup> |

<sup>7</sup> Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

<sup>8</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>9</sup> Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

<sup>10</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>11</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>12</sup> Fruit and vegetable juices must not be served.

Table C §78-1-16.1 Infant Meal Pattern – Snack

| Snack  |  |
|--|--|
| Birth through 5 months   | 6 through 11 months  |
| 4-6 fluid ounces breastmilk <sup>13</sup> or formula <sup>14</sup> | 2-4 fluid ounces breastmilk or formula; and<br><br>0-1/2 slice bread <sup>15,16</sup> ; or<br>0-2 crackers; or<br>0-4 tablespoons infant cereal; or ready-to-eat breakfast cereal <sup>17,18</sup> and<br><br>0-2 tablespoons vegetable or fruit, or a combination of both <sup>19</sup> |

<sup>13</sup> Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

<sup>14</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>15</sup> Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

<sup>16</sup> A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

<sup>17</sup> 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).

<sup>18</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>19</sup> Fruit and vegetable juices must not be served.

Table D §78-1-16.1 Child Meal Pattern - Breakfast

| Breakfast<br>(Select all three components for a reimbursable meal)                                     |                |                |                |  |
|--|----------------|----------------|----------------|--|
| Food Components and Food Items <sup>20</sup>   | Ages 1-2       | Ages 3-5       | Ages 6-12      | Ages 13-18 <sup>21</sup><br>(at-risk afterschool programs) |
| Fluid Milk <sup>22</sup>   | 4 fluid ounces | 6 fluid ounces | 8 fluid ounces | 8 fluid ounces   |
| Vegetables, fruits, or portions of both <sup>23</sup>  | 1/4 cup        | 1/2 cup        | 1/2 cup        | 1/2 cup  |
| Grains (oz eq) <sup>24,25,26</sup>   |                |                |                |  |
| Whole grain-rich or enriched bread   | 1/2 slice      | 1/2 slice      | 1 slice        | 1 slice  |
| Whole grain-rich or enriched bread product, such as biscuit, roll or muffin                            | 1/2 serving    | 1/2 serving    | 1 serving      | 1 serving  |
| Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>27</sup> , cereal grain, or pasta | 1/4 cup        | 1/4 cup        | 1/2 cup        | 1/2 cup  |
| Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>28</sup>        |                |                |                |  |
| Flakes or rounds   | 1/2 cup        | 1/2 cup        | 1 cup          | 1 cup  |
| Puffed cereal  | 3/4 cup        | 3/4 cup        | 1 1/4 cup      | 1 1/4 cup  |
| Granola  | 1/4 cup        | 1/4 cup        | 1/4 cup        | 1/4 cup  |

<sup>20</sup> Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

<sup>21</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

<sup>22</sup> Must be unflavored whole milk for children aged one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

<sup>23</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>24</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

<sup>25</sup> Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

<sup>26</sup> Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

<sup>27</sup> 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).

<sup>28</sup> Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is 1/4 cup for children ages 1-2; 1/3 cup for children ages 3-5; and 3/4 cup for children ages 6-12.

Table E §78-1-16.1 Child Meal Pattern – Lunch and Supper

| Lunch and Supper<br>(Select all five components for a reimbursable meal)   |                        |                        |                      |  |
|--|------------------------|------------------------|----------------------|--|
| Food Components and Food Items <sup>29</sup>   | Ages 1-2               | Ages 3-5               | Ages 6-12            | Ages 13-18 <sup>30</sup><br>(at-risk afterschool programs) |
| <b>Fluid Milk<sup>31</sup></b>   | 4 fluid ounces         | 6 fluid ounces         | 8 fluid ounces       | 8 fluid ounces   |
| <b>Meat/meat alternates</b>  |                        |                        |                      |  |
| Lean meat, poultry, or fish  | 1 ounce                | 1 /2 ounce             | 2 ounces             | 2 ounces   |
| Tofu, soy product, or alternate protein products <sup>32</sup>   | 1 ounce                | 1 /2 ounce             | 2 ounces             | 2 ounces   |
| Cheese   | 1 ounce                | 1 /2 ounce             | 2 ounces             | 2 ounces   |
| Large egg  | 1/2                    | 3/4                    | 1                    | 1  |
| Cooked dry beans or peas   | 1/4 cup                | 3/8 cup                | 1/2 cup              | 1/2 cup  |
| Peanut butter or soy nut butter or other nut or seed butters   | 2 tbsp                 | 3 tbsp                 | 4 tbsp               | 4 tbsp   |
| Yogurt, plain or flavored unsweetened or sweetened <sup>33</sup>   | 4 ounces or<br>1/2 cup | 6 ounces or<br>3/4 cup | 8 ounces or<br>1 cup | 8 ounces or<br>1 cup                                       |
| The following may be used to meet no more than 50% of the requirement:<br>Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish) | 1/2 ounce =<br>50%     | 3/4 ounce =<br>50%     | 1 ounce = 50%        | 1 ounce = 50%  |

<sup>29</sup> Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

<sup>30</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

<sup>31</sup> Must be unflavored whole milk for children aged one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

<sup>32</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.

<sup>33</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

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| #  | #           | #           | #         | #         |
|--|-------------|-------------|-----------|-----------|
| <b>Vegetables</b> <sup>34</sup>  | 1/8 cup     | 1/4 cup     | 1/2 cup   | 1/2 cup   |
| <b>Fruits</b> <sup>35</sup>  | 1/8 cup     | 1/4 cup     | 1/4 cup   | 1/4 cup   |
| <b>Grains (oz eq)</b> <sup>36,37</sup>   |             |             |           |           |
| Whole grain-rich or enriched bread   | 1/2 slice   | 1/2 slice   | 1 slice   | 1 slice   |
| Whole grain-rich or enriched bread product, such as biscuit, roll or muffin                            | 1/2 serving | 1/2 serving | 1 serving | 1 serving |
| Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>38</sup> , cereal grain, or pasta | 1/4 cup     | 1/4 cup     | 1/2 cup   | 1/2 cup   |

<sup>34</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>35</sup> 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.

<sup>36</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

<sup>37</sup> Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

<sup>10</sup> 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).

<sup>38</sup> Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is 1/4 cup for children ages 1-2; 1/3 cup for children ages 3-5; and 3/4 cup for children ages 6-12.

Table E §78-1-16.1 Child Meal Pattern – Snack

| Snack<br>(Select two of the five components for a reimbursable snack) |                        |                        |                        |  |
|---|------------------------|------------------------|------------------------|--|
| Food Components and Food Items <sup>39</sup>                          | Ages 1-2               | Ages 3-5               | Ages 6-12              | Ages 13-18 <sup>40</sup><br>(at-risk afterschool programs) |
| <b>Fluid Milk<sup>41</sup></b>  | 4 fluid ounces         | 4 fluid ounces         | 8 fluid ounces         | 8 fluid ounces   |
| <b>Meat/meat alternates</b>   |                        |                        |                        |  |
| Lean meat, poultry, or fish   | 1/2 ounce              | 1/2 ounce              | 1 ounce                | 1 ounce  |
| Tofu, soy product, or alternate protein products <sup>42</sup>        | 1/2 ounce              | 1/2 ounce              | 1 ounce                | 1 ounce  |
| Cheese  | 1/2 ounce              | 1/2 ounce              | 1 ounce                | 1 ounce  |
| Large egg   | 1/2                    | 1/2                    | 1/2                    | 1/2  |
| Cooked dry beans or peas  | 1/8 cup                | 1/8 cup                | 1/4 cup                | 1/4 cup  |
| Peanut butter or soy nut butter or other nut or seed butters          | 1 tbsp                 | 1 tbsp                 | 2 tbsp                 | 2 tbsp   |
| Yogurt, plain or flavored unsweetened or sweetened <sup>43</sup>      | 2 ounces or<br>1/4 cup | 2 ounces or<br>1/4 cup | 4 ounces or<br>1/2 cup | 4 ounces or<br>1/2 cup                                     |
| Peanuts, soy nuts, tree nuts, or seeds                                | 1/2 ounce              | 1/2 ounce              | 1 ounce                | 1 ounce  |
| <b>Vegetables<sup>44</sup></b>  | 1/2 cup                | 1/2 cup                | 3/4 cup                | 3/4 cup  |
| <b>Fruits</b>   | 1/2 cup                | 1/2 cup                | 3/4 cup                | 3/4 cup  |
| <b>Grains (oz eq)<sup>45,46</sup></b>                                 |                        |                        |                        |  |
| Whole grain-rich or enriched bread                                    | 1/2 slice              | 1/2 slice              | 1 slice                | 1 slice  |

<sup>39</sup> Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

<sup>40</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

<sup>41</sup> Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

<sup>42</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.

<sup>43</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>44</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>45</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

<sup>46</sup> Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

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| #  | #           | #           | #         | #         |
|--|-------------|-------------|-----------|-----------|
| Whole grain-rich or enriched bread product, such as biscuit, roll or muffin                            | 1/2 serving | 1/2 serving | 1 serving | 1 serving |
| Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>47</sup> , cereal grain, or pasta | 1/4 cup     | 1/4 cup     | 1/2 cup   | 1/2 cup   |
| Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>9,10</sup>      |             |             |           |           |
| Flakes or rounds   | 1/2 cup     | 1/2 cup     | 1 cup     | 1 cup     |
| Puffed cereal  | 3/4 cup     | 3/4 cup     | 1 1/4 cup | 1 1/4 cup |
| Granola  | 1/8 cup     | 1/8 cup     | 1/4 cup   | 1/4 cup   |

<sup>47</sup> 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).