Hawaii Child Care Nutrition Program:
SAMPLE BREAKFAST MENU

Note: Serving sizes listed below are specified for children 3-5 years old.

WEEK 1

• WG Oat Round Cereal (1/2 cup) • Canned pears, drained (1/2 cup) • 1% milk (3/4 cup)	• Cottage cheese (1/2 cup) • Papaya (1/2 cup) • 1% milk (3/4 cup)	• Oatmeal (1/4 cup) • Dried Cranberries (1/4 cup) • 1% milk (3/4 cup)	• WG toast (1/2 slice) with Peanut butter (1 tbsp) • Canned pineapple, drained (1/2 cup) • 1% milk (3/4 cup)	• Raisin Bread (1/2 slice) • Tangerine (1/2 cup) • 1% milk (3/4 cup)

WEEK 2

• Eggs; scrambled (1/2, large) • Mandarin Oranges (1/2 cup) • 1% milk (3/4 cup)	• WG bagel (1/2) with cream cheese • Melon Salad (1/2 cup) • 1% milk (3/4 cup)	• Fried brown rice (1/4 cup rice) with mixed vegetables • Blueberries (1/2 cup) • 1% milk (3/4 cup)	• WG French Toast (1/2 slice) with syrup • Grapes; half cut (1/2 cup) • 1% milk (3/4 cup)	• WG English Muffin (1/2) • Sliced Cheese (1 oz) • Canned Peaches; drained (1/2 cup) • 1% milk (3/4 cup)

WEEK 3

• WG Waffle (1/2 slice)
• Sliced Strawberries (1/2 cup)
• 1% milk (3/4 cup)
	• Yogurt (1/2 cup)
	• Frozen berries (1/2 cup)
	• 1% milk (3/4 cup)
		• Banana muffin (1 piece)
		• Unsweetened applesauce (1/2 cup)
		• 1% milk (3/4 cup)
			• Trail Mix
			  • Blend of WG round & flake cereal (1/2 cup)
			  • Dried Fruit (1/4 cup)
			• 1% milk (3/4 cup)
				• Breakfast Wrap
				  • WG (8”) tortilla (1)
				  • Eggs; scrambled (1/2, large)
				  • Shredded Cheese (1/2 oz.)
				• 1% milk (3/4 cup)

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Tips:

- Must serve all three components; ***Fluid Milk, Fruits and/or Vegetables, and Grains (Meat/Meat Alternate)***, for a reimbursable meal.
    - Meats/meat alternates can be served in place of grains a maximum of three times a week.
- Unflavored low-fat (1%) or fat-free (skim) milk is appropriate for children between the ages of 2 to 5 years old.
    - Unflavored low-fat (1%), Unflavored fat-free (skim), and Flavored fat-free (skim) milk is appropriate to serve children 6 years old and older.
- Choose a variety of fruits—fresh, frozen, canned and dried.
- At least one serving per day, across all eating occasions, must be whole grain rich.
    - Label Whole Grain Rich foods "***WG***"
- Choose cereal with no more than 6 grams of sugar per dry ounce (28 gram) serving.
- Choose yogurt with no more than 23 grams of sugar per 6 ounce serving.
- These are **minimum** amounts. Children are able to have more, if desired.
- Provide all ***Brand Names*** for all food items where applicable.