

Hawaii Child Care Nutrition Program

Instructions for using the Breakfast Menu Template

**Note: Unless you have Adobe Acrobat Pro, you will not be able to save your work on the PDF form.*

Please print before closing.

- 1) Circle **Age Group**
- 2) Fill in the **Year**
- 3) Fill in the **Date or Date Range** of the week at the top of the form, OR circle **Cycle Rotating**.
- 4) Fill in the type of **Fluid Milk** you will serve.
 - Fill in the serving size (cups, ounces, or grams).
 - For children **1-2 y/o**, milk must be unflavored whole milk.
 - For children **2-5 y/o**, milk must be unflavored low-fat (1%) or unflavored fat-free (skim).
 - For children **6+ y/o**, milk must be unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk.
- 5) Fill in the type(s) of **Vegetable(s) and/or Fruit(s)** that you will serve for each day.
 - Fill in the serving size (cups, ounces, or grams).
 - Choose a variety of fresh, frozen, canned, or portions of both.
 - Pasteurized full strength 100% Juice may only be used for one serving per day, across all eating occasions, to meet the requirements.
- 6) Fill in the type of **Grains** that you will serve for each day.
 - Fill in the serving size (cups, ounces, or grams).
 - At least one serving per day, across all eating occasions, must be “whole grain rich”.
 - When Whole Grain (**WG**) food components are served, they must be labeled “**WG**”.
 - Breads and grains must be whole-grain or enriched.
 - Cereal must be whole-grain, enriched, or fortified.
 - Cereal must contain no more than 6 grams of sugar per 1 ounce serving.

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- Grain Based Desserts do not count toward meeting the grain requirement.
- **Only at the BREAKFAST eating occasion:** Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week.
 - 1 ounce of M/MA is equal to 1 ounce of grains.
 - Fill in the type of **Meat / Meat Alternate (M/MA)** that you will serve for each day.
 - **Fill in the serving size (cups, ounces, or grams).**
 - A serving consists of the edible portion of cooked lean meat, poultry or fish.
 - Yogurt must contain no more than 23 grams of sugar per 6 ounce serving.

7) Refer to the “Breakfast Meal Pattern Chart” for *minimum* required portions. Go to <https://www.fns.usda.gov/cacfp/meals-and-snacks>, scroll down to the Meal Pattern Chart section, click on the “Children” link.

8) **DOUBLE CHECK:** to see that you have included the following meal components required for a creditable Breakfast each day of the week:

- 1 Fluid Milk
- 1 Fruit and / or Vegetable
- 1 Grain or 1 Meat / Meat Alternate