

Hawaii Child Care Nutrition Program

Instructions for using the Lunch 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) For each Lunch Meal, include at least 5 food components:
 - a) 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.
 - b) Fill in the type of **Meat / Meat Alternate** that you will serve.
 - Fill in the serving size (cups, ounces, or grams).
 - A serving consists of the edible portion of cooked lean meat, poultry or fish.
 - Example: 2.2 ounces of tofu (¼ cup) containing at least 5 grams of protein is creditable as 1.0 ounce equivalent meat alternate.
 - Nuts and seeds may meet only one half of the total meat / meat alternate serving and must be complemented with another meat / meat alternate to fulfill requirements.
 - Yogurt must contain no more than 23 grams of sugar per 6 ounce serving.
 - c) Fill in the type(s) of **Vegetable** that you will serve.
 - Fill in the serving size (cups, ounces, or grams).
 - Choose a variety of fresh, frozen or canned vegetables.
 - A vegetable may be used to meet the entire fruit requirement.
 - When two vegetables are served, 2 different types of vegetables must be served.

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- d) Fill in the type of **Fruit** that you will serve.
- Fill in the serving size (cups, ounces, or grams).
 - Choose a variety of fresh, frozen, canned or dried fruits.
 - A vegetable may be used to meet the entire fruit requirement.
 - When two vegetables are served, 2 different types of vegetables must be served.
- e) Fill in the type of **Grains** that you will serve.
- Fill in the serving size (cups, ounces, or grams).
 - 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.
 - At least one serving per day, across all eating occasions, must be “whole grain-rich”.
 - When Whole Grain (**WG**) food components are served, they should be labeled “**WG**”.
 - Grain Based Desserts do not count toward meeting the grain requirement.
- 5) Refer to the “Lunch 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.
- 6) **DOUBLE CHECK:** to see that you have included the following All 5 meal components required for a creditable Lunch Meal each day of the week:
- Fluid Milk
 - Meat / Meat Alternate
 - Vegetable
 - Fruit
 - Grain