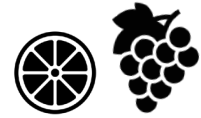




Hawaii Child Care Nutrition Program:

SAMPLE BREAKFAST MENU



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

WEEK 1

<ul style="list-style-type: none">• WG Oat Round Cereal (1/2 cup)• Canned pears, drained (1/2 cup)• 1% milk (3/4 cup)	<ul style="list-style-type: none">• Cottage cheese (1/2 cup)• Papaya (1/2 cup)• 1% milk (3/4 cup)	<ul style="list-style-type: none">• Oatmeal (1/4 cup)• Dried Cranberries (1/4 cup)• 1% milk (3/4 cup)	<ul style="list-style-type: none">• WG toast (1/2 slice) with Peanut butter (1 tbsp)• Canned pineapple, drained (1/2 cup)• 1% milk (3/4 cup)	<ul style="list-style-type: none">• Raisin Bread (1/2 slice)• Tangerine (1/2 cup)• 1% milk (3/4 cup)
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WEEK 2

<ul style="list-style-type: none">• Eggs; scrambled (1/2, large)• Mandarin Oranges (1/2 cup)• 1% milk (3/4 cup)	<ul style="list-style-type: none">• WG bagel (1/2) with cream cheese• Melon Salad (1/2 cup)• 1% milk (3/4 cup)	<ul style="list-style-type: none">• Fried brown rice (1/4 cup rice) with mixed vegetables• Blueberries (1/2 cup)• 1% milk (3/4 cup)	<ul style="list-style-type: none">• WG French Toast (1/2 slice) with syrup• Grapes; half cut (1/2 cup)• 1% milk (3/4 cup)	<ul style="list-style-type: none">• WG English Muffin (1/2)• Sliced Cheese (1 oz)• Canned Peaches; drained (1/2 cup)• 1% milk (3/4 cup)
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WEEK 3

<ul style="list-style-type: none">• WG Waffle (1/2 slice)• Sliced Strawberries (1/2 cup)• 1% milk (3/4 cup)	<ul style="list-style-type: none">• Yogurt (1/2 cup)• Frozen berries (1/2 cup)• 1% milk (3/4 cup)	<ul style="list-style-type: none">• Banana muffin (1 piece)• Unsweetened applesauce (1/2 cup)• 1% milk (3/4 cup)	<ul style="list-style-type: none">• Trail Mix<ul style="list-style-type: none">• Blend of WG round & flake cereal (1/2 cup)• Dried Fruit (1/4 cup)• 1% milk (3/4 cup)	<ul style="list-style-type: none">• Breakfast Wrap<ul style="list-style-type: none">• 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.