

Hawaii Child Care Nutrition Program:

Sample Lunch Menu

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

Week 1

*Kalua Pig & Cabbage <ul style="list-style-type: none"> Hapa rice (brown & enriched white rice) Watermelon Milk 1% 	*Lentil, Bean and Veggie Soup <ul style="list-style-type: none"> Whole wheat toast Mashed potatoes Sliced Bananas Yogurt Milk 1% 	*WG Spaghetti with Turkey Vegetable Marinara sauce <ul style="list-style-type: none"> Mixed vegetables Pineapple Milk 1% 	*Beef Tomato Vegetable Stir-Fry <ul style="list-style-type: none"> Brown rice Cantaloupe Milk 1% 	*USDA Child Nutrition Labeled Fish Sticks <ul style="list-style-type: none"> Whole wheat toast Steamed cauliflower Mandarin orange Milk 1%
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Week 2

*Turkey Dog (cut in half lengthwise) (1) on <ul style="list-style-type: none"> WG hotdog bun WG crackers Corn (canned) Peaches Milk 1% 	*Beef Stew with Vegetables <ul style="list-style-type: none"> Brown rice Honeydew melon diced Milk 1% 	*WG Burrito with Baked Beans, Cheese Shredded lettuce & homemade salsa <ul style="list-style-type: none"> Pears Milk 1% 	*Pork Tofu (1 oz pork, .5 oz tofu) <ul style="list-style-type: none"> Brown rice Peas (canned) Clementine Milk 1% 	*Tuna Salad Sandwich <ul style="list-style-type: none"> WG Bread with lettuce & tomato String cheese (1 oz.) Steamed broccoli Sliced apples Milk 1%
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Week 3

*WG Macaroni & Cheese with Ham slice (1 oz.) <ul style="list-style-type: none"> Asparagus Starfruit Milk 1% 	*Fried Rice (Brown Rice) with Turkey Bacon, Ham, Eggs, Peas & Carrots <ul style="list-style-type: none"> Celery sticks Applesauce Milk 1% 	*Baked Panko Crusted Fish <ul style="list-style-type: none"> Brown Rice Spinach (frozen) Papaya Milk 1% 	*USDA Child Nutrition Labeled Chicken Nuggets <ul style="list-style-type: none"> WG dinner roll Carrots (frozen) Fruit cocktail Milk 1% 	*Beef Chili with Vegetables & shredded cheese <ul style="list-style-type: none"> Brown rice Grapes (cut in 1/2) Milk 1%
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*WG = Whole Grain or Whole Grain Rich

Portions: <i>Lunch Menu</i>	Milk 1% = 3/4 cup	Meats/Meat Alternates = 1.5 ounce equivalent	Vegetables = 1/4 cup	Fruits = 1/4 cup	Rice & Pasta 1/4 cup, Breads (1/2 slice)
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Tips:

- Must serve **ALL 5** food components; (Fluid Milk, Meats & Meat Alternates, Fruits, Vegetables, or Grain), for a reimbursable meal.
- 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 “whole” fruits and vegetables—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 allowed to be served more at your facilities discretion.
- Provide all **Brand Names** for all food items where applicable.