

Hawaii Child Care Nutrition Program:

Sample Snack Menu (AM/PM)

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

Week 1

AM	<ul style="list-style-type: none"> • WG crackers (4-6) • Applesauce (1/2 cup) 	<ul style="list-style-type: none"> • Frozen berries (1/2 cup) • Yogurt (1/2 cup) • Water 	<ul style="list-style-type: none"> • Celery (4-6 sticks) • Peanut Butter (1 tbsp) • Raisins (~1/8 cup) • Low-fat milk (1/2 cup) 	<ul style="list-style-type: none"> • Poi (1/2 cup) • Blueberries (1/2 cup)) • Water 	<ul style="list-style-type: none"> • Round shaped WG cereal (1/2 cup) • Low-fat milk (1/2 cup)
PM	<ul style="list-style-type: none"> • Baby carrots (6 sticks) w/ low-fat dressing • Low-fat milk (1/2 cup) 	<ul style="list-style-type: none"> • WG chips (8) • Banana sliced (1/2 cup) 	<ul style="list-style-type: none"> • String cheese (1-1 oz.) • Mini brown rice cakes (7) • Water 	<ul style="list-style-type: none"> • WG bread toasted (1/2 slice) • Cheese slice (1- .75 oz.) • Low-fat milk (½ cup) 	<ul style="list-style-type: none"> • Juice 100% (1/2 cup) • Mini bell pepper (1/2 cup) • Water

Week 2

AM	<ul style="list-style-type: none"> • Peaches canned (1/2 cup) • Cottage cheese (1/4 cup) • Water 	<ul style="list-style-type: none"> • Rice cakes (1½) • Peanut butter (1 Tbsp) • Low-fat milk (1/2 cup) 	<ul style="list-style-type: none"> • Sweet Potato sliced (1/2 cup) • Low-fat milk (1/2 cup) 	<ul style="list-style-type: none"> • Puffed WG cereal (3/4 cup) • Low-fat milk (1/2 cup) 	<ul style="list-style-type: none"> • Oatmeal, plain (1/2 cup) • Dried fruit (1/4 cup) • Water
PM	<ul style="list-style-type: none"> • Cucumber sticks (6 sticks) with low-fat dressing • Mandarin oranges (1/2 cup) • Water 	<ul style="list-style-type: none"> • Taro (kalo) diced (1/2 cup) • Steamed broccoli (1/2 cup) 	<ul style="list-style-type: none"> • WG tortilla (1/2 slice) • Cold cuts (1/2 oz) • Cheese slice (1 - .75 oz.) • Water 	<ul style="list-style-type: none"> • Egg salad (½ egg per serving) • Soda crackers (4) • Water 	<ul style="list-style-type: none"> • Baby carrots with low-fat dressing (4-6 sticks) • WG crackers (4-6) • Low-fat milk (1/2 cup)

Week 3

AM	<ul style="list-style-type: none"> • WG bread (1/2 slice) • Peanut Butter (1 Tbsp) • Jam (1 tsp)) • Low-fat milk (1/2 cup) 	<ul style="list-style-type: none"> • WG waffle (1/2) • Orange slices (1/2 cup) • Water 	<ul style="list-style-type: none"> • Apple wedges (½ cup) • Cheese Stick (1-1 oz) • Water 	<ul style="list-style-type: none"> • Tofu (1/4 cup) with Furikake seasoning • WG Crackers (4-6) • Low-fat milk (½ cup) 	<ul style="list-style-type: none"> • Melon diced (1/2cup) • WG English muffin (1/2) • Water
PM	<ul style="list-style-type: none"> • Orange wedges (1/2 cup) • Pretzels hard mini twist (7-8) • Water 	<ul style="list-style-type: none"> • Breadfruit (Ulu) diced (1/2 cup) • Dried fruit (1/4 cup) • Water 	<ul style="list-style-type: none"> • Pears sliced (1/2 cup) • WG Crackers (4-6) • Low-fat milk (1/2 cup) 	<ul style="list-style-type: none"> • Granola (¼ cup) • Yogurt (¼ cup) • Water 	<ul style="list-style-type: none"> • Flake shaped WG cereal (1/2 cup) • Low-fat milk (1/2 cup)

***WG = Whole Grain or Whole Grain Rich**

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Tips:

- Must serve **2 out of 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.