

The Menu Venue

A menu planning toolkit
created for child care providers

Hawaii Child Care Nutrition Program

A project funded by the Hawaii State Department of Human Services to provide assistance and support to child care providers, agencies and licensing staff.

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Introduction

As a child care provider, you have a very important role to help your children grow up healthfully in part by serving nutritious meals and snacks. The foods you choose to serve and the environment you create in your center have a great impact on your child's eating habits and attitudes towards food and meals.

You have the opportunity to teach children how important and fun it can be to eat a variety of foods and to embark on the exciting adventures of trying new foods. Mealtime is not just about nutrition, but it also provides an invaluable opportunity for children to learn developmental independence, become comfortable socializing with others and to learn about their own tastes and preferences.

In this menu planning toolkit, you will find information on how you can provide healthful meals for the children in your care. You will:

- Get to know the United States Department of Agriculture (USDA) child care meal patterns;
- Put knowledge to work by using helpful tools that are provided in this toolkit, including:
 - Form fillable menu templates
 - Sample menus;
- Learn tips to keep your children safe during meal time.

Also included in this toolkit is a "Nutrition Checklist." Use this checklist as an evaluative tool to see what areas, if any, need improvement or if you have mastered menu planning and meal time for your center.

Get to Know the Meal Patterns

The meal patterns are set by the United States Department of Agriculture (USDA) child care food program. These patterns help to ensure that there will be a variety and balance of different foods included with every meal and snack.

There are specific patterns set for:

- breakfast
- lunch or supper
- snacks

Each pattern incorporates a combination of two to four different meal components or food groups. The four different meal components are:

- 1) fluid milk
- 2) fruits and / or vegetables
- 3) grains / breads
- 4) meats / meat alternates

Charts of the meal patterns (pages 6-8) for the different meals and snacks are included in this toolkit. Please review them as you start to brainstorm ideas for your menus.

As you review the meal patterns, note the portion sizes that are listed for the different age groups of children. These are the recommended *minimum* portions of foods to offer per child, if the children wish to consume. If your center follows a “family style” meal service, assurance that these minimum portions are available is still required.

For more information about meal patterns, visit the USDA Child & Adult Care Food Program website on Meal Patterns:

http://www.fns.usda.gov/CND/Care/ProgramBasics/Meals/Meal_Patterns.htm

The timing of meals and snacks is important. Children need to eat often since they cannot consume large quantities of food at one time. Planning and offering meals and snacks every two to three hours will help them to obtain the nutrients and energy they need throughout the day.

*Remember that providing nutritious snacks is very important for young children, since snacks can be a significant part of their daily intake.

Also plan for enough time for children to eat their meals and snacks. The meal-time environment should be calm and a pleasant experience for children to learn about food and to become comfortable with socializing with others. Distractions, like television should be kept to a minimum during meals and snacks.

Hawaii state licensing rules stipulate a general feeding schedule for licensed facilities, depending on how long the children stay in your center. Visit the State of Hawaii Department of Human Services website under the section “Benefit, Employment and Support Services Division” for a detailed view of Administrative rules for child care centers: http://hawaii.gov/dhs/main/har/har_current/AdminRules/document_view

Child Care Meal Pattern Minimum Component Requirements

BREAKFAST for CHILDREN			
Must Select All Three Components			
Food Components	Ages 1-2	Ages 3-5	Ages 6-12¹
1 milk fluid milk	½ cup	¾ cup	1 cup
1 fruit and/or vegetable juice, ² fruit and/or vegetable	¼ cup	½ cup	½ cup
1 grains or bread³ bread or	½ slice	½ slice	1 slice
cornbread or biscuit or roll or muffin or	½ serving	½ serving	1 serving
cold dry cereal or	¼ cup	1/3 cup	¾ cup
hot cooked cereal or	¼ cup	¼ cup	½ cup
pasta or noodles or grains	¼ cup	¼ cup	½ cup
¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column. ² Fruit or vegetable juice must be full-strength. ³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.			

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Adapted from: http://www.fns.usda.gov/CND/Care/ProgramBasics/Meals/Meal_Patterns.htm

Child Care Meal Pattern Minimum Component Requirements

LUNCH OR SUPPER for CHILDREN			
Must Select All Four Components			
Food Components	Ages 1-2	Ages 3-5	Ages 6-12¹
1 milk fluid milk	½ cup	¾ cup	1 cup
2 fruits and/or vegetables juice, ² fruit and/or vegetable	¼ cup	½ cup	¾ cup
1 grains or bread³ bread or	½ slice	½ slice	1 slice
cornbread or biscuit or roll or muffin or	½ serving	½ serving	1 serving
cold dry cereal or	¼ cup	1/3 cup	¾ cup
hot cooked cereal or	¼ cup	¼ cup	½ cup
pasta or noodles or grains	¼ cup	¼ cup	½ cup
1 meat or meat alternate meat or poultry or fish ⁴ or	1 oz.	1 ½ oz.	2 oz.
alternate protein products or	1 oz.	1 ½ oz.	2 oz.
cheese or	1 oz.	1 ½ oz.	2 oz.
egg or	½	¾	1
cooked dry beans or peas or	¼ cup	3/8 cup	½ cup
peanut or other nut or seed butters or	2 Tbsp.	3 Tbsp.	4 Tbsp.
nuts and/or seeds ⁵ or	½ oz.	¾ oz.	1 oz.
yogurt ⁶	4 oz.	6 oz.	8 oz.
<p>¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities in this column.</p> <p>² Fruit or vegetable juice must be full-strength</p> <p>³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.</p> <p>⁴ A serving consists of the edible portion of cooked lean meat or poultry or fish.</p> <p>⁵ Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement.</p> <p>⁶ Yogurt may be plain or flavored, unsweetened or sweetened.</p>			

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Adapted from: http://www.fns.usda.gov/CND/Care/ProgramBasics/Meals/Meal_Patterns.htm

Child Care Meal Pattern Minimum Component Requirements

Snack for CHILDREN Must Select Two of the Four Components			
Food Components	Ages 1-2	Ages 3-5	Ages 6-12¹
1 milk fluid milk	½ cup	½ cup	1 cup
1 fruit and/or vegetable juice, ² fruit and/or vegetable	½ cup	½ cup	¾ cup
1 grains or bread³ bread or	½ slice	½ slice	1 slice
cornbread or biscuit or roll or muffin or	½ serving	½ serving	1 serving
cold dry cereal or	¼ cup	1/3 cup	¾ cup
hot cooked cereal or	¼ cup	¼ cup	½ cup
pasta or noodles or grains	¼ cup	¼ cup	½ cup
1 meat or meat alternate meat or poultry or fish ⁴ or	½ oz.	½ oz.	1 oz.
alternate protein product or	½ oz.	½ oz.	1 oz.
cheese or	½ oz.	½ oz.	1 oz.
egg or	½	½	½
cooked dry beans or peas or	1/8 cup	1/8 cup	¼ cup
peanut or other nut or seed butters or	1 Tbsp.	1 Tbsp.	2 Tbsp.
nuts and/or seeds or	½ oz.	½ oz.	1 oz.
yogurt ⁵	2 oz.	2 oz.	4 oz.
<p>¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.</p> <p>² Fruit or vegetable juice must be full-strength. Juice cannot be served when milk is the only other snack component.</p> <p>³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.</p> <p>⁴ A serving consists of the edible portion of cooked lean meat poultry or fish.</p> <p>⁵ Yogurt may be plain or flavored, unsweetened or sweetened.</p> <p>* When two snacks are served at least one of those snacks shall include milk or its calcium equivalent.</p>			

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Put Knowledge
to Work

By following the meal patterns when you plan your menu, you will be helping your children get the proper nourishment they need to grow. Written menus should ideally be planned in advance; posted so all staff and parents can see; as well as kept on record to reflect any changes in foods actually served. Planning menus in advance is a good practice as it helps to inform parents what foods will be served to their child, which allows them to better complement the meals they serve at home. Keeping records of menus also allows for good communication with parents if there are children with sensitivities or allergies to certain foods or beverages.

Feel free to use the Menu Planning Templates included in this toolkit (pages 11, 14, 17) to help you as you create your menus for:

- a. Breakfast
- b. Lunch or Supper
- c. Snacks

There is an accompanying handout (pages 12, 15, 18) for each meal with instructions on how to fill out these templates, noting some of the more specific requirements for each meal and for snacks. Sample menus (pages 13, 16, 19) are also included if you need ideas and help getting started.

These templates, instruction sheets and sample menus can also be found on the Hawaii Child Care Nutrition Program website at: <http://www.ctahr.hawaii.edu/new/hccnp/> for download and duplication.

As you brainstorm and plan your menus, please keep in mind the following:

- Food should never be used as a reward or punishment.

This may teach children to value certain foods more than others.

- Try to incorporate a variety of foods, colors, flavors, shapes, and textures that are developmentally appropriate.

Remember that all forms of fruits and veggies count! (1) fresh (2) frozen (3) canned (4) dried and (5) 100% juice

For information about your favorite fruits and veggies and tips on incorporating more into your menu, check out this website for a variety of resources:

<http://www.ctahr.hawaii.edu/new/fruitVeg.htm>

- Plan meals and snacks that are appealing and appetizing.
- Plan within your means, accounting for limitations with your facility and staffing.

Breakfast Menu Template

*Must include all 3 food components.

Food Components	Portion per child 1-2 yrs	Portion per child 3-5 yrs	Portion per child 6-12 yrs	Monday	Tuesday	Wednesday	Thursday	Friday
				Date: Food Item	Date: Food Item	Date: Food Item	Date: Food Item	Date: Food Item
<u>1 Milk, fluid</u>								
<u>1 Fruit / Veggie</u>								
<u>1 Grain / Bread</u>								
<ul style="list-style-type: none"> •Bread (serv or slice) OR •Cold cereal OR •Hot cereal OR •Pasta, Rice 								

*Refer to "Instructions for using the Breakfast Menu Template" for further guidance on menu planning, available at: <http://www.ctahr.hawaii.edu/new/hccrnp/>

Instructions for using the Breakfast Menu template

1. Fill in the dates of the week at the top of the form.
2. Fill in the type of fluid milk you will serve.

*Note that whole milk is recommended for children between 12 and 24 months old and that 2% (reduced fat), 1% (low fat) and skim milk is recommended for children 2 years old and above.

*Note that powdered milk is not allowed.

3. Fill in the type of fruit and / or veggie that you will serve.

*Choose fresh fruit, frozen fruit or fruit canned in natural juices or light syrup.

4. Fill in the type of grain / bread that you will serve.

*Grains and breads must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified. Sugar should not be the first ingredient by weight on the ingredients list.

5. Fill in the portions of (1) milk; (2) fruit / veggie and (3) grain / bread that you will offer for Breakfast in the respective column for the corresponding ages of children that you will serve.

*Refer to the “USDA Component Guidelines for Breakfast” for guidance on the *minimum* required portions. Go to <http://www.ctahr.hawaii.edu/new/hccnp/> click on “Preschools/Providers” and scroll to the section “USDA Component Guidelines.”

6. Go back and check that you have included all **3** of the meal components required for Breakfast for each day of the week:
 - a. 1 Milk
 - b. 1 Fruit / Veggie
 - c. 1 Grain / Bread

*You may include a meat component (example: eggs), however it is not required to be offered.



Sample Breakfast Menu

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



Week 1

Toasted Whole Grain Oat Cereal (1/3 cup) Sliced Bananas (1/2 cup) Low-fat milk (3/4 cup)	Whole Wheat Toast (1/2) Peanut Butter (1 Tablespoon) Melon Salad (1/2 cup) Low-fat milk (3/4 cup)	Whole Wheat Waffle (1/2) Sliced Strawberries (1/2 cup) Low-fat milk (3/4 cup)	Brown rice (1/4 cup) Scrambled Eggs (1/4 cup) Mandarin Oranges (1/2 cup) Low-fat milk (3/4 cup)	Oatmeal (1/4 cup) Dried Cranberries (1/4 cup) Low-fat milk (3/4 cup)
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Week 2

Blueberry Bagel (1/2) Cream Cheese (1/2 Tablespoon) Sliced Pineapple (1/2 cup) Low-fat milk (3/4 cup)	Trail Mix -Blend of circle & square shaped cereal (1/3 cup) -Dried Fruit (1/4 cup) Low-fat milk (3/4 cup)	Banana muffin (1 piece) Applesauce (1/2 cup) Low-fat milk (3/4 cup)	French Toast (1/2) Syrup Grapes (1/2 cup—cut in half) Low-fat milk (3/4 cup)	English Muffin (1/2) Sliced Cheese (1/2) Canned Peaches (1/2 cup) Low-fat milk (3/4 cup)
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Week 3

Raisin Bread (1/2) Canned Pears (1/2 cup) Low-fat milk (3/4 cup)	Oven Toasted Corn Cereal (1/3 cup) Yogurt (1/3 cup) Tangerine (1/2 cup) Low-fat milk (3/4 cup)	Creme (1/2) Frozen berries (1/2 cup) Low-fat milk (3/4 cup)	Lightly Sweetened Shredded Wheat Cereal (1/3 cup) Raisins (1/4 cup) Low-fat milk (3/4 cup)	Breakfast Wrap -Tortilla (1/2) -Scrambled Eggs (1/4 cup) -Shredded Cheese -Sweet Potato (2 pieces) Low-fat milk (3/4 cup)
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Tips:

- *Low-fat or Reduced-fat milk (1% or 2%) is appropriate for children over 2.
- *Offer whole wheat or whole grain products when possible (ex. Brown rice, Whole wheat bread, etc.)
- *Choose fresh fruit, frozen fruit, or fruit canned in natural juices or light syrup.
- *These are minimum amounts. Children are able to have more, if desired.

Lunch or Supper Menu Template

*Must include all 4 food components.

Food Components	Portion per child 1-2 yrs	Portion per child 3-5 yrs	Portion per child 6-12 yrs	Monday	Tuesday	Wednesday	Thursday	Friday
	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Food Item	Food Item	Food Item	Food Item	Food Item	Food Item	Food Item	Food Item
<u>1 Milk, fluid</u>								
<u>2 Fruits / Veggies</u>								
<u>1 Grain / Bread</u> •Bread (serv or slice) OR •Cold cereal OR •Hot cereal OR •Pasta, Rice								
<u>1 Meat / Meat alternate</u> •meat, poultry, fish OR •cheese OR •egg OR •beans or peas OR •nut or seed butters OR •nuts & / or seeds OR •yogurt								

Instructions for using the Lunch or Supper Menu template

1. Fill in the dates of the week at the top of the form.
2. Fill in the type of fluid milk you will serve.

*Note that whole milk is recommended for children between 12 and 24 months old and that 2% (reduced fat), 1% (low fat) and skim milk is recommended for children 2 years old and above.

*Note that powdered milk is not allowed.

3. Fill in the types of fruit(s) and / or veggie(s) that you will serve. Two different ones are recommended.

*Choose a variety of fresh, frozen, canned or dried fruits and veggies. Choose fruit canned in natural juices or light syrup.

4. Fill in the type of grain / bread that you will serve.

*Grains and breads must be made from whole-grain or enriched meal or flour (example: brown rice). Cereal must be whole-grain or enriched or fortified. Sugar should not be the first ingredient by weight on the ingredients list.

5. Fill in the type of meat / meat alternate that you will serve.

*A serving consists of the edible portion of cooked lean meat, poultry or fish. 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.

6. Fill in the portions of (1) milk; (2) fruit / veggie; (3) grain / bread and (4) meat / meat alternate that you will offer for lunch or supper in the respective column for the corresponding ages of children that you will serve.

*Refer to the “USDA Component Guidelines for Lunch or Supper” for guidance on the *minimum* required portions. Go to <http://www.ctahr.hawaii.edu/new/hccnp/>, click on “Preschools/Providers” and scroll to the section “USDA Component Guidelines.”

7. Go back and check that you have included all **4** of the meal components required for Lunch or Supper for each day of the week:
 - a. 1 Milk
 - b. 2 Fruit / Veggie
 - c. 1 Grain / Bread
 - d. 1 Meat / Meat Alternate



Sample Lunch Menu

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

Week 1

Kalua Pig & Cabbage Hapa rice (1/2 cup) Watermelon (1/2 cup) 1% milk (3/4 cup)	Home-made Lentil, Bean and Veggie Soup Garlic Bread (1/2 slice) Sliced Bananas (1/2 cup) 1% milk (3/4 cup)	Ground Turkey Spaghetti with Vegetable Marinara Sauce Mixed Vegetables (1/4 cup) Pineapple (1/4 cup) 1% milk (3/4 cup)	Beef Tomato Stir-Fry Brown Rice (1/4 cup) Cantaloupe (1/2 cup) 1% milk (3/4 cup)	Egg Salad Sandwich with lettuce & tomato String Cheese (1 ounce) Steamed broccoli (1/4 cup) Sliced apples (1/4 cup) 1% milk (3/4 cup)
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Week 2

Turkey Dog (cut in half lengthwise) (1) Corn (1/4 cup) Peaches (1/4 cup) 1% milk (3/4 cup)	Beef Stew with vegetables Brown rice (1/4 cup) Honeydew melon (1/2 cup) 1% milk (3/4 cup)	Whole Wheat Burrito with Baked Beans & Cheese Shredded Lettuce & Home-made Salsa (1/4 cup) Pears (1/4 cup) 1% milk (3/4 cup)	Turkey, Ham & Cheese Sandwich with lettuce & tomato Peas (1/4 cup) Clementine (1 each) 1% milk (3/4 cup)	Home-made Chicken Noodle Soup with Vegetables Whole Wheat Toast with Cheese (1/2 slice) Mandarin Orange (1/2 cup) 1% milk (3/4 cup)
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Week 3

Home-made Macaroni & Cheese with Ham Yogurt (1/4 cup) Asparagus (1/4 cup) Starfruit (1/4 cup) 1% milk (3/4 cup)	Fried Rice (Brown Rice 1/3 cup) with Turkey Bacon, Ham, Eggs & Peas & Carrots (1/4 cup) Applesauce (1/4 cup) 1% milk (3/4 cup)	Shoyu Chicken Brown Rice (1/4 cup) Spinach (1/4 cup) Papaya (1/4 cup) 1% milk (3/4 cup)	Roast Turkey with gravy (1.5 ounces) Dinner Roll (1 each) Mashed Potatoes (1/4 cup) Fruit Cocktail (1/4 cup) 1% milk (3/4 cup)	Vegetarian Chili with Vegetables Brown Rice (1/4 cup) Grapes (cut in half) (1/2 cup) 1% milk (3/4 cup)
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Tips:

- *Low-fat or Reduced-fat milk (1% or 2%) is appropriate for children over 2.
- *Offer whole wheat or whole grain products when possible (ex. Brown rice, Whole wheat bread, etc.)
- *Choose fresh fruit, frozen fruit, or fruit canned in natural juices or light syrup.
- *These are minimum amounts. Children are able to have more, if desired.

Snack Menu Template

*Must include at minimum, 2 of the 4 food components.

Morning Snack OR Afternoon Snack

Food Components	Portion per child 1-2 yrs	Portion per child 3-5 yrs	Portion per child 6-12 yrs	Monday	Tuesday	Wednesday	Thursday	Friday
	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Food Item	Food Item	Food Item	Food Item	Food Item	Food Item	Food Item	Food Item
<u>1 Milk, fluid</u> OR Calcium Equivalent								
<u>1 Fruit / Veggie</u>								
<u>1 Grain / Bread</u> •Bread (serv or slice) OR •Cold cereal OR •Hot cereal OR •Pasta, Rice								
<u>1 Meat / Meat alternate</u> •meat, poultry, fish OR •cheese OR •egg OR •beans or peas OR •nut or seed butters OR •nuts & / or seeds OR •yogurt								

Instructions for using the Snack Menu template

1. Check the box for “Morning Snack” OR “Afternoon Snack.”
2. Fill in the dates of the week.
3. For each snack, include at least 2 different food components from the options below:
 - a. Fill in the type of fluid milk you will serve.

*Note that whole milk is recommended for children between 12 and 24 months old and that 2% (reduced fat), 1% (low fat) and skim milk is recommended for children 2 years old and above.

*Note that powdered milk is not allowed.

*If you are serving both a morning and afternoon snack, at least one of those two snacks must include a serving of milk or calcium equivalent (example: yogurt, cottage cheese, cheese) daily.
 - b. Fill in the types of fruit and / or veggie that you will serve.

*Choose a variety of fresh, frozen, canned or dried fruits and veggies. Choose fruit canned in natural juices or light syrup. Juice must be full-strength and 100%, with no added sugars. Aim to serve more whole fruits and veggies than 100% juice.
 - c. Fill in the type of grain / bread that you will serve.

*Grains and breads must be made from whole-grain or enriched meal or flour (example: brown rice). Cereal must be whole-grain or enriched or fortified. Sugar should not be the first ingredient by weight on the ingredients list.
 - d. Fill in the type of meat / meat alternate that you will serve.

*A serving consists of the edible portion of cooked lean meat, poultry or fish.
4. Fill in the portions of food / drink that you will offer for snack in the respective column for the corresponding ages of children that you will serve.

*Refer to the “USDA Component Guidelines for Snack” for guidance on the *minimum* required portions. Go to <http://www.ctahr.hawaii.edu/new/hccnp/> , click on “Preschools/Providers” and scroll to the section “USDA Component Guidelines.”
5. Go back and check that you have included:
 - a. at least **2** different meal components per snack.
 - b. at least 1 serving of milk or calcium equivalent each day if serving both a morning and afternoon snack.



Sample Snack Menu Morning and Afternoon Snack

Week 1

Whole Wheat Crackers (3) Apple Juice ($\frac{1}{2}$ cup)	Sliced Banana ($\frac{1}{2}$ cup) Yogurt ($\frac{1}{4}$ cup) Water	Celery with Peanut Butter and Raisins (4-6 sticks) Low-Fat Milk ($\frac{1}{2}$ cup)	Fruit Cocktail ($\frac{1}{2}$ cup) Whole Wheat Crackers (3) Water	Cheese Toast/Bread ($\frac{1}{2}$) Low-Fat Milk ($\frac{1}{2}$ cup)
Baby Carrots with Low-Fat Dressing (4-6 sticks) Low-Fat Milk ($\frac{1}{2}$ cup)	Animal Crackers (6) Low-Fat Milk ($\frac{1}{2}$ cup)	String Cheese (1) Pretzels (7 mini) Water	Toasted Whole Grain Oat Cereal (1/3 cup) Low-Fat Milk ($\frac{1}{2}$ cup)	Whole Wheat Dinner Rolls with Tuna or Cold Cuts ($\frac{1}{2}$) Water

Week 2

Canned Peaches ($\frac{1}{2}$ cup) Graham Crackers (2) Water	Rice Cakes with Peanut Butter (1.5) Grape Juice ($\frac{1}{2}$ cup)	Sweet Potato (2 pieces) Low-Fat Milk ($\frac{1}{2}$ cup)	Lightly Sweetened Shredded Wheat Cereal (1/3 cup) Low-Fat Milk ($\frac{1}{2}$ cup)	Oatmeal (1/4 cup) Dried Fruit (1/4 cup) Water
Celery with Low-Fat Dressing (4-6 sticks) Low-Fat Milk ($\frac{1}{2}$ cup)	Mandarin Oranges ($\frac{1}{2}$ cup) Low-Fat Milk ($\frac{1}{2}$ cup)	Whole Wheat Tortilla Roll-Ups- Cold Cuts and Cheese ($\frac{1}{2}$) Water	Applesauce ($\frac{1}{2}$ cup) Soda Crackers (4) Water	Canned Pineapple Chunks ($\frac{1}{2}$ cup) Low-Fat Milk ($\frac{1}{2}$ cup)

Week 3

Whole Wheat Bread with Peanut Butter and Jam ($\frac{1}{2}$) Low-Fat Milk ($\frac{1}{2}$ cup)	Whole Grain Waffle ($\frac{1}{2}$) Orange Juice ($\frac{1}{2}$ cup)	Apple Wedges ($\frac{1}{2}$ cup) Sliced Cheese (1) Water	Alphabet Crackers (6) Low-Fat Milk ($\frac{1}{2}$ cup)	Diced Melon ($\frac{1}{2}$ cup) English Muffin ($\frac{1}{2}$) Water
Orange Wedges ($\frac{1}{2}$ cup) Pretzels (7 mini) Water	Cucumbers with Low-Fat Dressing (4-6 sticks) Low-Fat Milk ($\frac{1}{2}$ cup)	Toasted Crispy Rice Cereal (1/3 cup) Low-Fat Milk ($\frac{1}{2}$ cup)	Canned Pears ($\frac{1}{2}$ cup) Yogurt ($\frac{1}{4}$ cup) Water	Shredded Wheat Crackers (4) Low-Fat Milk ($\frac{1}{2}$ cup)

Tips:

- * Serve 100% fruit juice (orange, apple, grape, etc.) no more than twice per week.
- * Low-fat or Reduced-Fat milk (1% or 2%) is appropriate for children over 2.
- * Offer whole wheat or whole grain bread or cereal products when possible.
- * Choose fresh fruit, frozen fruit, or fruit canned in natural juices or light syrup.
- * When two snacks are offered (morning and afternoon snack), one snack **must** offer milk or its calcium equivalent.
- * These are **minimum** amounts. Children are able to have more, if desired.

Keep Your
Children Safe

Choking

Generally, hard, round, thick and sticky or slippery foods have the potential to cause choking in young children under four years of age. Examples of such foods are listed below:

- Hot dogs
- Nuts and seeds
- Large chunks of meat or cheese
- Whole grapes
- Popcorn
- Chunks of peanut butter
- Hard, raw vegetables
- Large fruit chunks
- Chewing gum; hard, gooey, or sticky candy

You can take precautions by:

1. Creating menus that reflect the developmental abilities of the ages of children served.

Cut foods up so that they are manageable and developmentally appropriate for young children and toddlers to chew and swallow safely.

Examples:

Do not leave hot dogs or grapes whole or sliced into rounds. Cut hot dogs and grapes in half, lengthwise in thin slices where appropriate.

Blanch or steam hard vegetables to make them softer for your children to bite and chew.

2. Supervise your children during mealtime to ensure they are sitting comfortably, upright while eating and not running, playing or lying down with food in their mouth.

Teach children to chew their foods well.

Check out the American Academy of Pediatrics website “Q & A on Choking Hazards” for further information on preventing choking accidents from occurring in your center:

http://www.aap.org/publiced/br_choking.htm

*Remember that other household items (example: toys, plastic bags, etc.) can also pose a choking risk for young children.

Allergies

Food allergies occur when a person's immune system reacts to certain types of foods after being ingested. Symptoms of a food allergy can occur within minutes to a few days and may be mild to severe. Symptoms may include:

- Hives
- Itchy skin rashes, eczema
- Swelling of the tongue and throat
- Tingling sensation in the mouth
- Difficulty breathing, wheezing
- Sneezing
- Nausea, cramps
- Vomiting
- Diarrhea
- Circulation symptoms
- Pale skin
- Light-headedness
- Loss of consciousness

The reaction can be life threatening and can require immediate medical attention. Any food can cause an allergic reaction, however the following eight foods are the most common:

- 1) Milk
- 2) Eggs
- 3) Fish (bass, flounder, cod)
- 4) Crustacean shellfish (crab, lobster, shrimp)
- 5) Tree nuts (almonds, walnuts, pecans)
- 6) Peanuts
- 7) Wheat
- 8) Soy

Keep an eye out for these eight foods which are required to be listed on food labels. Check out this handout from the Food & Drug Administration on "Food Allergies: What You Need to Know" for examples of what to look for on food packages:

<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm079311.htm>

You can take precautions by communicating with parents and pediatricians and staying up to date on your children's changing sensitivities. Stringent record keeping of menus and foods served will also help to pinpoint any particular allergens that may cause or have caused a reaction. Children should be supervised during mealtime to ensure that no foods are inappropriately shared. Caregivers should receive training on preventing exposure to allergen(s), recognizing the symptoms of, and treating an allergic reaction.

For further information, visit these websites:

The Food Allergy and Anaphylaxis Network
<http://www.foodallergy.org/questions.html>

The American Academy of Pediatrics
http://www.aap.org/publiced/BR_FoodAllergy.htm

Be Safe

Storing, preparing, cooking, serving, and handling foods properly can greatly reduce your chances that you or the children you care for will get sick; so BE SAFE. Food borne illness, often called “food poisoning,” results from eating contaminated foods that may have been handled improperly. A food borne illness may develop within half an hour to a few days, while some may occur as long as two or more weeks after eating contaminated foods.

Symptoms of a food borne illness can include:

- Nausea, cramps
- Vomiting
- Diarrhea
- Mild Fever

Food borne illnesses are unpleasant for anyone, but can be particularly dangerous for older adults, people with weakened immune systems, infants and children, and pregnant women.

Fortunately, *FOODBORNE ILLNESS IS PREVENTABLE.*

Here are some keys to safe food handling:

1. Buy cold foods last, get it home fast.

Shop for frozen and refrigerated foods and hot items from the deli last, just before going to the checkout counter.

Check the “sell-by” or “pull” date (how long the grocer can keep the produce for sale on the shelf) and “use-by” (how long you can keep the product at home at its best quality) date on packages before you buy.

2. Keep food safe – refrigerate.

After arriving home from shopping, unload the perishable foods first, going directly from the car to the refrigerator or freezer.

3. Wash your hands.

Wash your hands with soap and hot water for at least 20 seconds before starting any food preparation.

If you stop to do something else, like use the bathroom, change a diaper, blow your nose, or touch a pet, be sure to wash your hands again before continuing food preparation.

4. Keep everything clean.

Never chop produce or other ready-to-eat foods on a cutting board that was used for raw meat or poultry. You must:

- 1) Clean with hot, soapy water and rinse. *Sanitize the board:
*Sanitizing solution = 1 Tablespoon liquid bleach + 1 gallon water
- 2) Leave wet for 2 minutes
- 3) Allow to air-dry

Change kitchen towels often and launder in hot water. Clean sponges and dishcloths frequently, using soap and hot water. Disinfect in a *sanitizing solution; soak for two minutes; rinse and air dry. Do this once a week or more often as needed.

5. Thaw frozen food in the refrigerator.

Plan ahead and thaw frozen foods in the refrigerator. Thaw foods on a plate or in a plastic bag to collect any juices and moisture on the lowest shelf in the refrigerator.

6. Cook foods thoroughly.

Product	Internal, cooked temperature (°F)
Ground meat (patties or meatloaf)	160°
Ground poultry	165°
Steaks and roasts	145°
Pork and ham	160°
Fish	145°
Poultry (breast, thigh, wing)	165°
Poultry (whole bird)	165°

7. Keep hot foods hot, cold foods cold.

Do not mix fresh (unserved) food with food that has already been out for serving.

8. Don't wait – refrigerate leftovers.

Refrigerate foods within 2 hours after cooking.

*Remember that unsafe food does not always smell, taste or look bad.
When in doubt, throw it out.

Check out these websites for further information on food safety:

USDA Food Safety and Inspection Service facts on Safe Food Handling
http://www.fsis.usda.gov/fact_sheets/Safe_Food_Handling_Fact_Sheets/index.asp

USDA Food Safety and Inspection Service facts on Food Product Dating
http://www.fsis.usda.gov/Fact_Sheets/Food_Product_Dating/index.asp

Keeping Bag Lunches Safe
http://www.fsis.usda.gov/fact_sheets/Keeping_Bag_Lunches_Safe/index.asp

The Partnership for Food Safety Education (PFSE), a consumer food safety resource:
<http://www.fightbac.org/index.php>

Centers for Disease Control and Prevention's "Clean Hands Save Lives"
<http://www.cdc.gov/cleanhands/>

The Germ City: an educational project to enhance awareness and improve the effectiveness of hand washing.
<http://www.ctahr.hawaii.edu/new/GermCity/>

Nutrition Checklist

Nutrition Checklist

Use this checklist as a tool to evaluate whether your menus and meals and snacks are appropriate, safe and healthy.

Yes No

- Are dated menus posted or visible for all meals and snacks served?
- Are the USDA required meal components being met, and is there adequate food for each child being served?
- Do the meals served match the written menu for the day?
- Is there adequate time for children to eat, and spacing between meal times?
- Are the meal portions adequate and the food developmentally appropriate?
- Are age appropriate furniture and utensils used for meal times?
- Do the food items served look appealing, age appropriate, and fresh?
- Is the environment calm, pleasant, and unhurried during meals?
- Food is not used as a reward or punishment.
- Children and servers wash hands before meals.

Websites

Agency resources:

American Academy of Pediatrics

<http://www.aap.org/>

Child and Adult Care Food Program

<http://www.fns.usda.gov/cnd/Care/>

The Hawaii Association for the Education of Young Children

<http://www.hawaiiaeyc.org/>

The Hawaii Child Care Nutrition Program

www.ctahr.hawaii.edu/new/hccnp

The Hawaii Department of Education

<http://doe.k12.hi.us/>

National Resource Center for Health and Safety in Child Care and Early Education

<http://nrckids.org>

The Nutrition Education for Wellness (NEW) Program

www.ctahr.hawaii.edu/new

The Office of Hawaii Child Nutrition Program – administers the Child and Adult Care Food Program in Hawaii:

<http://ohcnp.k12.hi.us/>

State of Hawaii Department of Human Services

<http://hawaii.gov/dhs>

Menu Planning Resources:

USDA CACFP Meal Patterns

http://www.fns.usda.gov/cnd/Care/ProgramBasics/Meals/Meal_Patterns.htm

USDA Food Buying Guide

<http://www.fns.usda.gov/tn/resources/foodbuyingguide.html>

USDA Recipes for Child Care

http://www.fns.usda.gov/tn/Resources/childcare_recipes.html

USDA Team Nutrition Healthy Meals Resource System

http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1

USDA Team Nutrition Menu Planning for Child Care Providers

http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=3&tax_sobject=264&topic_id=1364&level3_id=5170

USDA Team Nutrition Recipes and Menu Planning

http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1&tax_sobject=230

Food Safety Resources:

American Academy of Pediatrics “Q & A on Choking Hazards”

http://www.aap.org/publiced/br_choking.htm

American Academy of Pediatrics “Q & A on Food Allergies”

http://www.aap.org/publiced/BR_FoodAllergy.htm

Food and Drug Administration “Food Allergies: What You Need to Know”

<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm079311.htm>

The Germ City: an educational project to enhance awareness and improve the effectiveness of hand washing.

<http://www.ctahr.hawaii.edu/new/GermCity/>

The Partnership for Food Safety Education (PFSE), a consumer food safety resource:

<http://www.fightbac.org/index.php>

USDA Food Safety and Inspection Service facts on “Safe Food Handling”

http://www.fsis.usda.gov/fact_sheets/Safe_Food_Handling_Fact_Sheets/index.asp

USDA Food Safety and Inspection Service facts on “Food Product Dating”

http://www.fsis.usda.gov/Fact_Sheets/Food_Product_Dating/index.asp

USDA Food Safety and Inspection Service Facts on “Keeping Bag Lunches Safe”

http://www.fsis.usda.gov/fact_sheets/Keeping_Bag_Lunches_Safe/index.asp

General Nutrition Resources:

MyPyramid

<http://www.mypyramid.gov/>

Nutrition Education for Wellness - *Fruits & Vegetables*

<http://www.ctahr.hawaii.edu/new/fruitVeg.htm>

Nutrition Education for Wellness – *Resources*

<http://www.ctahr.hawaii.edu/new/resources.htm>

USDA Core Nutrition Messages

<http://www.fns.usda.gov/fns/corenutritionmessages/Messages.htm>

USDA Nutrition for Child Care Providers

http://riley.nal.usda.gov/nal_display/index.php?tax_level=1&info_center=14&tax_subject=264

Resources

American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education (2002). *Caring for Our Child: National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs, 2nd edition*. Elk Grove Village, IL: American Academy of Pediatrics and Washington, DC: American Public Health Association. Also available at <http://nrckids.org> .

Kleinman, R.E. (Ed.). (2004). *Pediatric Nutrition Handbook* (5th ed.). American Academy of Pediatrics.

Satter, E. (1987). *How to Get Your Kid to Eat...But Not Too Much*. Palo Alto, CA: Bull Publishing Company.

State of Hawaii Department of Human Services. Administrative Rules for Programs. Available at: http://hawaii.gov/dhs/main/har/har_current/AdminRules/document_view Accessed July 20, 2009.

United States Department of Agriculture, Food Safety and Inspection Service. Safe Food Handling. Available at: http://www.fsis.usda.gov/fact_sheets/Safe_Food_Handling_Fact_Sheets/index.asp Accessed July 13, 2009.

United States Department of Agriculture, Food and Nutrition Service. Child Care Providers. Available at: <http://www.fns.usda.gov/tn/childcare.html> Accessed July 6, 2009.