

### Instructions for using the Snack Menu template

\*Note: You will not be able to save your work on the PDF form. Please print before closing.

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:

- 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 1% (low fat) and skim milk is recommended for children above 2 years old and above.

\*If you are serving both a morning and afternoon snack, at least one of those two snacks must include a serving of milk or a calcium equivalent (example: yogurt, cottage cheese, cheese).

- 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%. 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 *minimum* required portions. Go to [www.ctahr.hawaii.edu/new/hccnp/](http://www.ctahr.hawaii.edu/new/hccnp/) , click on “Preschools/Providers” and scroll to 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 if serving both a morning and afternoon snack.