

Hawaii Child Care Nutrition Program

Menu Review Frequently Asked Questions

1. How do I get my menu reviewed?

Please fill out menu review request form located at:

www.ctahr.hawaii.edu/new/hccnp

- Go to “preschools/providers”
- Scroll down to “menu review request form”

Instructions are provided on the form. If you have any questions, please call 956-4124 and ask for Kimberly.

2. When will I receive my review?

Please allow 4-6 weeks for a review to be completed. The more detailed the information sent, the faster it will be. One report will be sent to you and one directly to your licensing worker.

3. How much information do I need to provide in my menu?

Please include:

- Food item AND serving size for ALL items on the menu
- Type of milk (1%, 2%, etc), if milk is served
- Brand name of juice, if juice is served

4. How do I know what are the appropriate serving sizes?

The general guidelines for lunch and snacks are located at:

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

Under the “USDA Component Guidelines” section.

More detailed grain information is located at:

<http://www.ctahr.hawaii.edu/NEW/HCCNP/forms/Grains%20and%20Breads%20Chart.doc>

5. What if my preschool serves “family style”? Do I need to include serving size?

Yes, please include serving size to ensure that the minimum amount of each food component is available, if children wish to consume.

6. What if my menus change, depending on what’s on sale?

A menu still needs to be made to ensure at least two components are offered. Please provide a generic menu that is generally followed. See examples on the next page.

7. What if parents buy snacks for the preschool?

Please provide snack menu of food items served. This may change daily, or you may have a “generic menu.” Example:

Sample Generic Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Crackers	Cereal	Fruits	Crackers	Vegetables
Cheese	Milk	Yogurt	Juice	Bread
Water		Water		Water

OR

Group A	Group B	Group C	Group D
Crackers	Vegetable	Yogurt	Milk
Bread	Fruit	Cheese	
Cereal	Fruit Juice	Cold Cuts	

One item from two different groups are served for snack. Fruit juice (Group B) and milk (Group D) are not served together.

Along with the generic menu, please also include a comprehensive list of all food items served with serving size. Example:

Food item	Serving Size
Fruit – apples, grapes (cut in half), bananas	½ cup
Milk (1%)	½ cup
Orange Juice (Meadow Gold, Kirkland)	½ cup
Crackers (wheat thins, ritz, triscuits)	4-5 crackers
Animal Crackers	6 crackers
Fish Crackers	20 pieces
Bread (whole wheat)	½ slice
Vegetables – carrots, celery, cucumbers	½ cup
Yogurt	2 ounces
Cheese (mozzarella, American, Cheddar)	½ ounce
Cereal (cheerios, chex, kix)	1/3 cup
Cold Cuts (turkey, ham)	½ ounce