

# *I Can, You Can, Let's All* ***MENU PLAN!***

UH-Cooperative Extension Service  
Nutrition Education for Wellness Program

Hawaii Child Care Nutrition Program

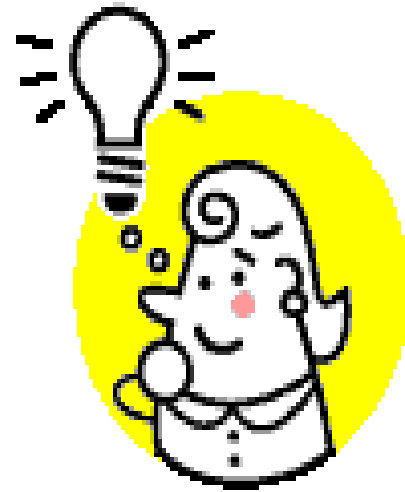
# Agenda

---

- ▶ “nutrition is...”
- ▶ Division of responsibility
- ▶ Meal patterns & components
- ▶ Portions
- ▶ Creating appetizing meals in minutes
- ▶ Meal planning considerations
- ▶ Nutrition checklist
- ▶ Resources



# What is Nutrition?



# Nutrition is...

---

- ▶ The act or process of nourishing or being nourished
- ▶ The sum of the processes by which an animal or plant takes in and utilizes food substances

Webster's Ninth New Collegiate Dictionary



# Whose responsibility is it?

---

## ► Caregivers

- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_

## ► Child

- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_



# Whose responsibility is it?

---

## ► Caregivers

- Menu
- Environment
- When to eat
- Role modeling

## ► Child

- What to eat
- How much to eat



## LUNCH OR SUPPER for CHILDREN

Must Select All Four Components

Food Components	Ages 1-2	Ages 3-5	Ages 6-12 <sup>1</sup>
1 milk fluid milk	½ cup	¾ cup	1 cup
2 fruits and/or vegetables	¼ cup	½ cup	¾ cup

## BREAKFAST for CHILDREN

Must Select All Three Components

Food Components	Ages 1-2	Ages 3-5	Ages 6-12 <sup>1</sup>
1 milk fluid milk	½ cup	¾ cup	1 cup
1 fruit and/or vegetable juice, <sup>2</sup> fruit and/or vegetable	¼ cup	½ cup	½ cup
1 grains or bread <sup>3</sup> bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	½ slice ½ serving ¼ cup ¼ cup ¼ cup	½ slice ½ serving 1/3 cup ¼ cup ¼ cup	1 slice 1 serving ¾ cup ½ cup ½ cup

<sup>1</sup> 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.

<sup>2</sup> Fruit or vegetable juice must be full-strength.

<sup>3</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

## Snack for CHILDREN

Must Select Two of the Four Components

	Ages 1-2	Ages 3-5	Ages 6-12 <sup>1</sup>
	½ cup	½ cup	1 cup
1 vegetable	½ cup	½ cup	¾ cup
1 fruit or roll or muffin or	½ slice ½ serving ¼ cup ¼ cup ¼ cup	½ slice ½ serving 1/3 cup ¼ cup ¼ cup	1 slice 1 serving ¾ cup ½ cup ½ cup
1 grains ite or	½ oz.	½ oz.	1 oz.
1 fruit or	½ oz. ½ oz. ½ 1/8 cup 1 Tbsp. ½ oz. 2 oz.	½ oz. ½ oz. ½ 1/8 cup 1 Tbsp. ½ oz. 2 oz.	1 oz. 1 oz. ½ ¼ cup 2 Tbsp. 1 oz. 4 oz.

or may be served larger portions based on their greater food needs. They must be full-strength. Juice cannot be served when milk is the only other

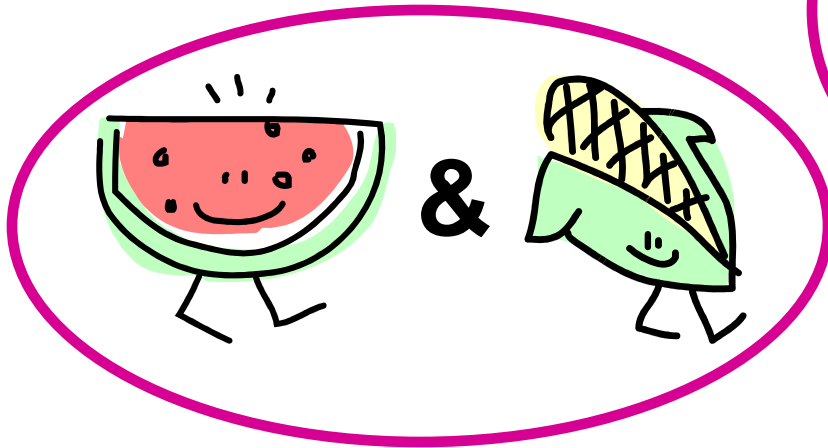
be made from whole-grain or enriched meal or flour. Cereal must be fortified.

edible portion of cooked lean meat poultry or fish.

avored, unsweetened or sweetened.

rved at least one of those snacks shall include milk or its calcium

# USDA Meal Patterns and Food Components



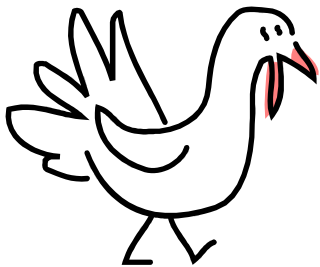
## ► Requirements

► **Breakfast**

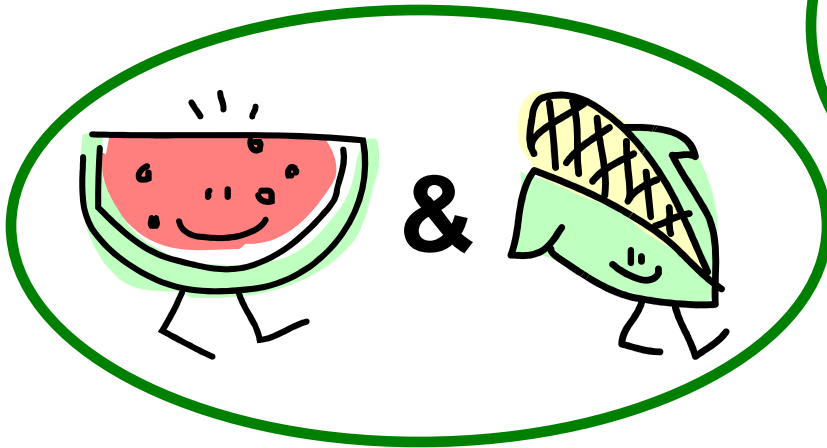
► **Lunch**

► **Supper**

► **Snacks – any 2**



# USDA Meal Patterns and Food Components



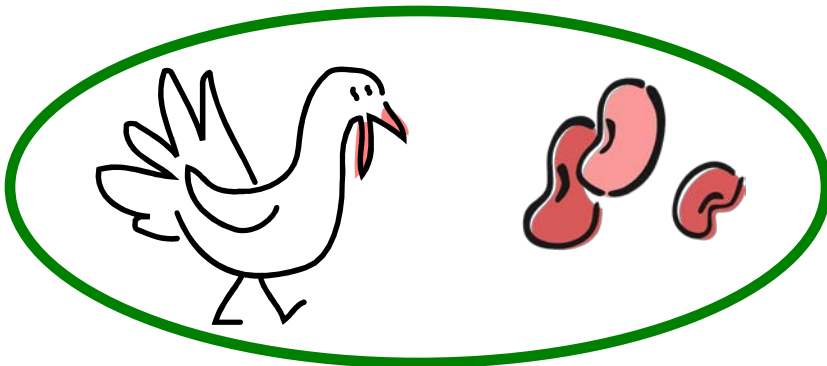
## ► Requirements

► **Breakfast**

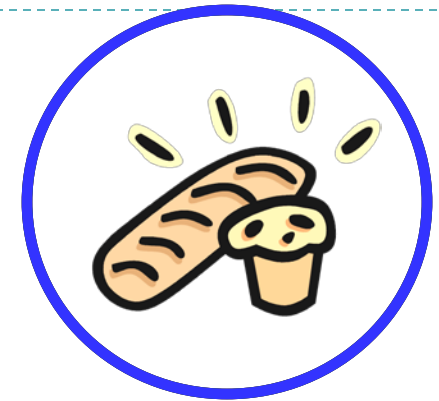
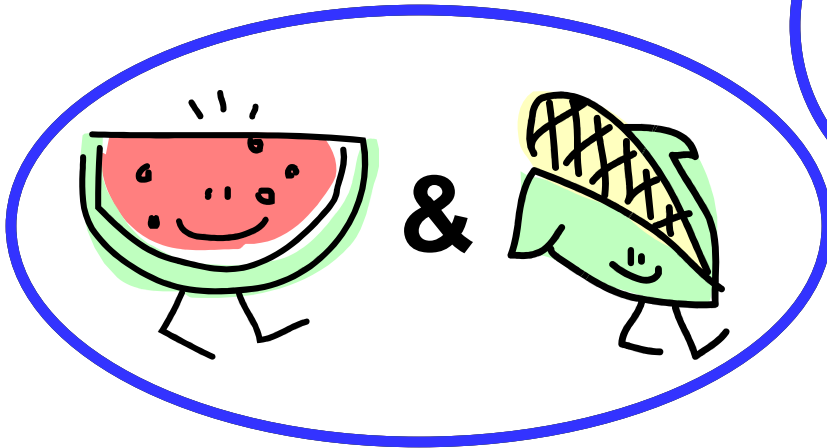
► **Lunch**

► **Supper**

► **Snacks – any 2**



# USDA Meal Patterns and Food Components



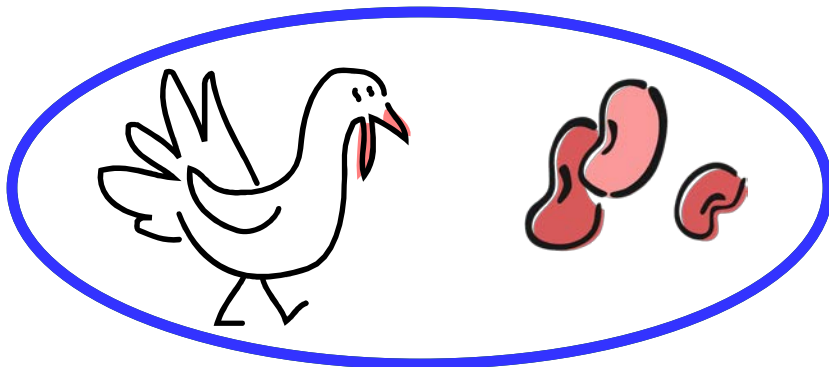
## ► Requirements

► **Breakfast**

► **Lunch**

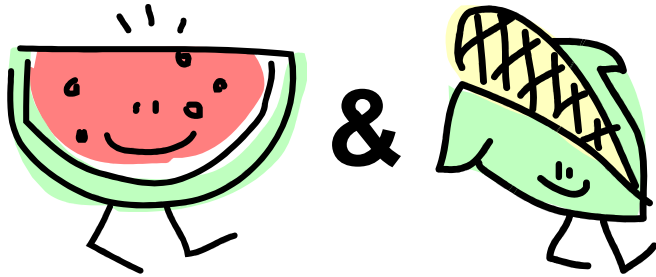
► **Supper**

► **Snacks – any 2**



# USDA Meal Patterns and Food Components

---



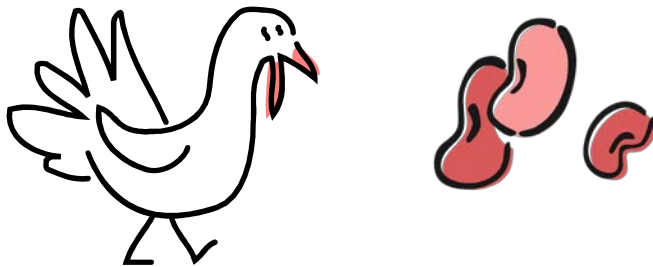
## ► Requirements

► **Breakfast**

► **Lunch**

► **Supper**

► **Snacks – any 2**



<i>Food Components</i>	<i>Ages 1-2</i>	<i>Ages 3-5</i>	<i>Ages 6-12</i>
<b>1 milk</b> fluid milk	½ cup	½ cup	1 cup

Choose:

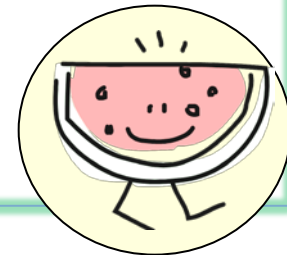
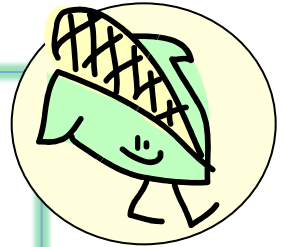
- Fluid milk
- **Whole:** children 12-24 months old
- **2%, 1%, skim:** children 24 months and older



<b>Food Components</b>	<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12</b>
1 milk fluid-milk	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup
<b>1 fruit and/or vegetable</b> juice, fruit and/or vegetable	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup

### Choose all forms:

1. Fresh
  2. Frozen
  3. Canned
  4. Dried
  5. \*100%juice
- Buy fresh produce when in season
  - Drain canned fruits & veggies
  - \*Limit juice




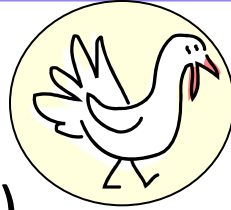

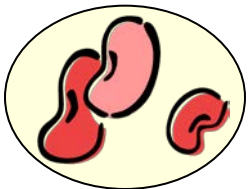
<b>Food Components</b>	<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12</b>
<b>1 milk</b> fluid milk	½ cup	½ cup	1 cup
<b>1 fruit and/or vegetable</b> juice, fruit and/or vegetable	½ cup	½ cup	¾ cup
<b>1 grains or bread</b> bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or rice	½ slice ½ serving  ¼ cup ¼ cup ¼ cup	½ slice ½ serving  1/3 cup ¼ cup ¼ cup	1 slice 1 serving  ¾ cup ½ cup ½ cup

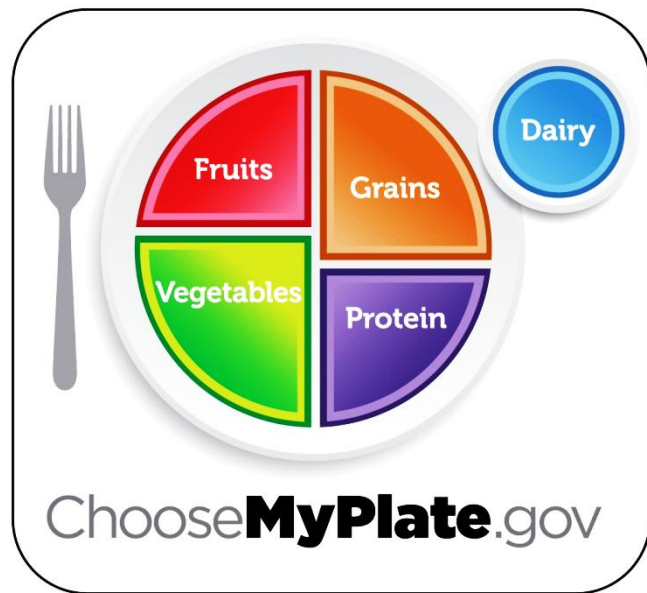


### Choose:

- whole grains
- grains with less sugar



Food Components	Ages 1-2	Ages 3-5	Ages 6-12
<div>   </div> <p>Choose leaner meats (90% lean ground meats; remove poultry skin)</p> <div>   </div> <p>Include seafood, beans, peas, seeds, nuts Moderate processed meats</p>			
<b>1 meat or meat alternate</b> meat or poultry or fish or alternate protein product or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butters or nuts and/or seeds or yogurt	½ oz. ½ oz. ½ oz. ½ 1/8 cup 1 Tbsp.  ½ oz. 2 oz.	½ oz. ½ oz. ½ oz. ½ 1/8 cup 1 Tbsp.  ½ oz. 2 oz.	1 oz. 1 oz. 1 oz. ½ ¼ cup 2 Tbsp.  1 oz. 4 oz.



## LUNCH OR SUPPER for CHILDREN

Must Select All Four Components

Food Components	Ages 1-2	Ages 3-5	Ages 6-12 <sup>1</sup>
<b>1</b> milk fluid milk	½ cup	¾ cup	1 cup
<b>2</b> fruits and/or vegetables juice, <sup>2</sup> fruit and/or vegetable	¼ cup	½ cup	¾ cup
<b>1</b> grains or bread <sup>3</sup> bread or  cornbread or biscuit or roll or muffin or  cold dry cereal or  hot cooked cereal or  pasta or noodles or grains	½ slice  ½ serving  ¼ cup ¼ cup ¼ cup	½ slice  ½ serving  1/3 cup ¼ cup ¼ cup	1 slice  1 serving  ¾ cup ½ cup ½ cup
<b>1</b> meat or meat alternate meat or poultry or fish <sup>4</sup> or  alternate protein products or  cheese or  egg or  cooked dry beans or peas or  peanut or other nut or seed butters or  nuts and/or seeds <sup>5</sup> or  yogurt <sup>6</sup>	1 oz.  1 oz. 1 oz. ½ ¼ cup 2 Tbsp. ½ oz. 4 oz.	1 ½ oz.  1 ½ oz. 1 ½ oz. ¾ 3/8 cup 3 Tbsp. ¾ oz. 6 oz.	2 oz.  2 oz. 2 oz. 1 ½ cup 4 Tbsp. 1 oz. 8 oz.

<sup>1</sup> 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.

<sup>2</sup> Fruit or vegetable juice must be full-strength.

<sup>3</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

<sup>4</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.

<sup>5</sup> 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.

<sup>6</sup> Yogurt may be plain or flavored, unsweetened or sweetened.

# HCCNP's Meal Planning Templates

## Breakfast Menu Template

\*Must include all 3 food components.

Monday	Tuesday	Wednesday	Thursday	Friday
Date:	Date:	Date:	Date:	Date:
Food Item	Food Item	Food Item	Food Item	Food Item

## 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
<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		

## 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 Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
<u>1 Milk, fluid OR Calcium Equivalent</u>				Food Item	Food Item	Food Item	Food Item	Food Item
<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								

for further guidance on menu planning, available at: <http://www.ctahr.hawaii.edu/new/hccnp>

# LUNCH OR SUPPER for CHILDREN

Must Select All Four Components

Food Components

Ages 1-2

Ages 3-5

Ages 6-12<sup>1</sup>

1 milk  
fluid milk

2 fruits and/or vegetable juice,<sup>2</sup> fruit and/or vegetable

1 grains or bread  
bread or

cornbread or biscuits or

cold dry cereal or

hot cooked cereal or

pasta or noodles

1 meat or meat alternate  
meat or poultry or

alternate protein

cheese or

egg or

cooked dry beans or

peanut or other nut or seed

nuts and/or seeds

yogurt<sup>6</sup>

<sup>1</sup> Children age 12 and older may not be served less than 1/2 cup

<sup>2</sup> Fruit or vegetable juice must be 100% fruit or vegetable juice

<sup>3</sup> Breads and grains must be whole grain or enriched or fortified

<sup>4</sup> A serving consists of 1/2 cup of meat or meat alternate

<sup>5</sup> Nuts and seeds may be combined with another food

<sup>6</sup> Yogurt may be plain or flavored

## 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 Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
Food Item	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								

\*\*Refer to "Instructions for using the Lunch Menu Template"

for further guidance on menu planning, available at: <http://www.ctahr.hawaii.edu/new/hccnp/>

## Snack for CHILDREN

Must Select Two of the Four Components

Food Component<sup>1</sup>

1 milk  
fluid milk

1 fruit and  
juice,<sup>2</sup> fru

1 grains or  
bread or

cornbread

cold dry c

hot cooke

pasta or r

1 meat or  
meat or p

alternate

cheese o

egg or

cooked d

peanut or

nuts and

yogurt<sup>5</sup>

<sup>1</sup> Children ag

may not be

<sup>2</sup> Fruit or veg

snack comp

<sup>3</sup> Breads and

whole-grain

<sup>4</sup> A serving o

<sup>5</sup> Yogurt may

<sup>6</sup> When two

### 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 Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
<u>1 Milk, fluid OR Calcium Equivalent</u>				Food Item	Food Item	Food Item	Food Item	Food Item
<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								

\*\*Refer to "Instructions for using the Snack Menu Template" for further guidance on menu planning, available at: [www.ctahr.hawaii.edu/new/hccnp](http://www.ctahr.hawaii.edu/new/hccnp)

# Portions

---

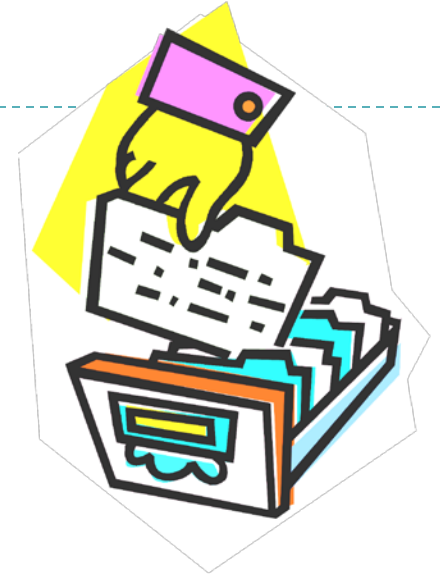
- ▶ *Serving size versus portion size*
- ▶ Measuring ingredients and foods...
  - ▶ Pieces, slices
  - ▶ Weight
  - ▶ Volume
    - ▶ Liquid ingredients
    - ▶ Dry ingredients



# Create Meals in Minutes

---

- ▶ Recipe cards
- ▶ Buy in bulk → use in multiple meals
  - ▶ Maintain variety
  - ▶ Maximize use of ingredients
  - ▶ Prevent food waste
- ▶ Maintain supply of basic staple ingredients
  - ▶ Grains and starches
  - ▶ Sauces, package mixes
  - ▶ Canned goods
- ▶ Meal categories (sandwiches, bento)



# Create Meals in Minutes

## ► Choices



Type of meal	How often per week?	Example
Perfection to strive for... <i>Ideal type of meal made from scratch</i>	Twice, if not more	Wholesome chicken salad sandwich with tomato slices and lettuce, fruit salad, baked sweet potato wedges & milk
Healthy moderation for most of the time... <i>Second best type of meal, semi-homemade</i>	Twice	Peanut butter sandwich with sliced bananas, yogurt with granola & diced melons & milk
Ok for some of the time... <i>When you're out of time and need a quick-fix meal</i>	Once	Chicken nuggets, crackers, tater tots, box of raisins & milk

# Create Appetizing Meals...

---

- ▶ Color: add a rainbow to your plate
- ▶ Shape
  - ▶ chunks, slices, strips, wedges
  - ▶ captivate interest with different shaped foods (sandwiches)
- ▶ Texture
  - ▶ hard, soft, moist, dry, crisp, smooth, chewy
  - ▶ include contrasting textures
- ▶ Taste: sweet, sour, salty, bland, spicy, tart
- ▶ Temperature: cold, cool, warm



# Meal Planning Considerations

---

- ▶ Parenting style

- ▶ Authoritative
- ▶ Authoritarian
- ▶ Permissive

- ▶ Family style meal

- ▶ Self serve when appropriate



# Meal Planning Considerations

---

## ► Environment

- Age appropriate utensils & furniture.
- Enjoy meals as a “family”
  - Engage in conversation
  - Discuss foods being served
- Meal times should be stress-free
  - Limit distractions



# Meal Planning Considerations: Food Allergens

---

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_



# Common Food Allergens

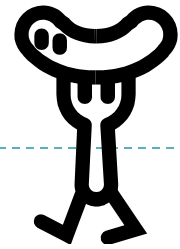
---

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 beans



# Meal Planning Considerations: Choking Hazards

---



## ▶ Characteristics...

- ▶ Hard
- ▶ Cylindrical
- ▶ Round
- ▶ Slippery
- ▶ Smooth
- ▶ Sticky
- ▶ Hard to chew
- ▶ Non-edible parts

## ▶ Common foods...

- ▶ Hot dogs, sausages
- ▶ Grapes
- ▶ Fruits with pits
- ▶ Hard fruits & veggies
- ▶ Large nuts, seeds
- ▶ Chunks of meat or cheese, peanut butter
- ▶ Meat with bones
- ▶ Popcorn
- ▶ Candy, gum, marshmallows

# Does this sound familiar?

---

- ▶ Will **only** eat...
- ▶ Will **not** eat...
- ▶ Always needs to \_\_\_\_ with foods....
- ▶ Any others?

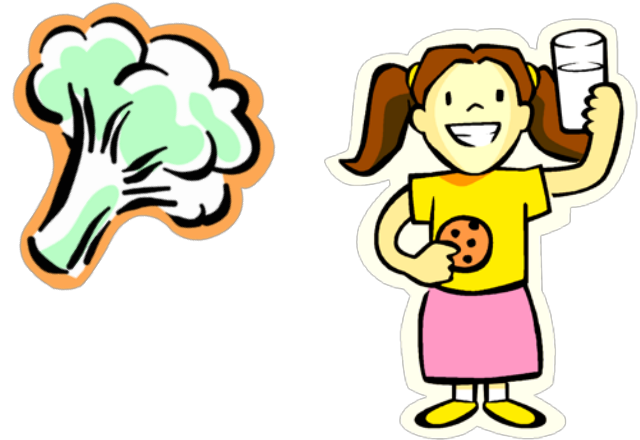


# Meal Planning Considerations:

## Picky eating

---

- ▶ Everyone eats same food
- ▶ Personal involvement
- ▶ Positive reinforcement
- ▶ All foods are created equal...



*"No cookie until you finish your broccoli."*

*"Stop crying and I will give you ice cream."*



What can you say instead to foster healthy eating attitudes?

# Meal Planning Considerations:

## Introducing new foods with success

---

- ▶ Start small
- ▶ Offer first
- ▶ One at a time
- ▶ Role model
- ▶ Patience!
- ▶ Engage them in simple preparation tasks
- ▶ Captivate their creative side with different shapes

# Positive & Healthy Eating Attitudes

---



Nutrition Checklist

---





**new**  
Nutrition Education for Wellness



## Cooperative Extension Service

Department of Family & Consumer Sciences  
Department of Human Nutrition, Food & Animal Sciences  
College of Tropical Agriculture and Human Resources  
University of Hawaii at Manoa

HOME FOOD EDUCATION PROJECTS USER ZONES RESOURCES

### Sponsors & Collaborators

## Hawaii Child Care Nutrition Program



### User Zones

Hawaii  
Department of  
Human Services  
(DHS)

Office of Hawaii  
Child Nutrition  
Programs (DOE)

Hawaii  
Department of  
Education (DOE)

The University of Hawaii Cooperative Extension Service's mission is to enable people to improve their lives and communities through learning partnerships that put knowledge to work. Our nutrition programs strive to provide quality and practical foods and nutrition education, training/technical assistance, services delivery, materials development and application, resources support, research application, program evaluation and collaboration facilitation.

#### Goals:

- To provide assistance, support and consultation to child care providers in meeting licensing requirements with regards to nutrition.
- To provide foods and nutrition education, training, technical assistance and resources for licensed child care providers.
- To provide nutrition training and technical assistance for child care licensing staff.
- To collaborate and partner with agencies, projects and programs to promote the goal of quality nutrition services provided by licensed child care providers.

[Menu Review Request Form Word/PDF](#)

[Let's Move! Child Care](#) **NEW**

[Let's Move! Child Care State Challenge Flyer \(PDF\)](#) **NEW**

[16-Day Nutrient Analyzed Lunch Menu for Preschoolers \(PDF\)](#) **NEW**

**DHS Licensing  
Workers**

**Caterers/  
Vendors**

**Preschools/  
Providers**

**Nutrition  
Consultants**

**Family Child  
Care Providers**



Visit our website for additional resources on:

- USDA Meal Patterns
- Meal Planning
- Presentations
- Links

## Forms

Nutrition Checklist (PDF) 

Menu Review Request Form / PDF fillable version

Menu Review FAQ

## USDA Component Guidelines

Breakfast for Children

Lunch or Supper for Children

Snack for Children

Fruit and Vegetable Chart

Meat and Meat Alternate Chart

Grain/Bread Chart

Milk Chart

## Meal Planning

The Menu Venue - A Menu Planning Toolkit

The Menu Venue - A Guide to Meal Planning Webcast

### Breakfast

- Breakfast Menu Template/PDF Fillable version
- Instructions for using Breakfast Template
- Sample Breakfast Menu

### Lunch or Supper

- Lunch or Supper Menu Template/PDF Fillable version
- Instructions for using Lunch or Supper Template
- Sample Lunch or Supper Menu

### Snack

- Snack Menu Template/PDF Fillable version
- Instructions for using Snack Template
- Sample Snack Menu

Grains & Bread Serving Size

## Presentations/Trainings

Munch on a Home Lunch Toolkit

- Training Manual
- Handouts

# Contact Information

---

Hawaii Child Care Nutrition Program

1955 East-West Road, #306

Honolulu, Hawaii 96822

Phone: (808) 956-4124

Fax: (808) 956-6457

Email: [hccnp@hawaii.edu](mailto:hccnp@hawaii.edu)

Contact Person:

Kimberly Kanechika

---



**Any Questions?**



# Websites

---

- ▶ **USDA CACFP Meal Patterns:**

- ▶ [www.fns.usda.gov/cnd/care/programbasics/meals/meal\\_patterns.htm](http://www.fns.usda.gov/cnd/care/programbasics/meals/meal_patterns.htm)

- ▶ **Food Allergies**

- ▶ [www.fda.gov/Food/ResourcesForYou/Consumers/ucm079311.htm](http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm079311.htm)

- ▶ **American Academy of Pediatrics – Choking**

- ▶ <http://pediatrics.aappublications.org/content/early/2010/02/22/peds.2009-2862.abstract>

- ▶ **National Resource Center for Health & Safety in Child Care & Early Education**

- ▶ <http://nrckids.org>



# References

---

- ▶ 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 Children: 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>.
- ▶ Committee on Injury, Violence, and Poison Prevention. Policy Statement Prevention of Choking Among Children. *Pediatrics*. 2010; 125 (3): 601-607
- ▶ Health and Nutrition Information for Preschoolers (n.d.) *ChooseMyPlate* online. Retrieved from [www.choosemyplate.gov/preschoolers/healthy-habits.html](http://www.choosemyplate.gov/preschoolers/healthy-habits.html)
- ▶ Kleinman, R.E. (Ed.). (2004). *Pediatric Nutrition Handbook* (5<sup>th</sup> 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.

