

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.			

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 Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
				Food Item	Food Item	Food Item	Food Item	Food Item
<u>1 Milk, fluid</u>								
<u>1 Fruit / Veggie</u>								
<u>1 Grain / Bread</u> •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/hccnp/>