

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.
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. Juice cannot be served when milk is the only other snack component. ³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified. ⁴ A serving consists of the edible portion of cooked lean meat poultry or fish. ⁵ Yogurt may be plain or flavored, unsweetened or sweetened. * When two snacks are served at least one of those snacks shall include milk or its calcium equivalent.			

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:
<u>1 Milk</u> , fluid OR Calcium Equivalent				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