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| **Breakfast Menu Template** |
| Must serve Milk, Fruit and/or Vegetable and Grain or \*Meat |
|   | Portion | Portion | Portion  | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Food Components** | per child  |  per child  |  per child  | Date:  | Date:  | Date:  | Date:  | Date:  |
|  | 1-2 yrs | 3-5 yrs | 6-12 yrs | Food Item | Food Item | Food Item | Food Item | Food Item |
|   |   |   |   |   |   |   |   |   |
| *1 Milk,* fluid |   |   |   |   |   |   |   |   |
|  |   |   |   |   |   |   |   |   |
|  |   |   |   |   |   |   |   |   |
|  |  |  |  |  |  |  |  |  |
| *1 Fruit or Vegetable* |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |   |   |   |   |   |   |   |   |
| *1 Grain / Bread* |   |   |   |   |   |   |   |   |
|  •bread (slice) OR |   |   |  |   |   |   |   |   |
| * biscuit, roll, muffin (serv) OR
 |   |   |   |   |   |   |   |   |
|  •hot cereal, pasta, rice |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |
| *1 \*Meat / Meat alternate* |   |   |   |   |   |   |   |   |
|  •meat, poultry, fish OR |   |   |   |   |   |   |   |   |
| * tofu, soy or \*\*APP OR
 |  |  |  |  |  |  |  |  |
|  •cheese OR |   |   |   |   |   |   |   |   |
|  •large egg OR |   |   |   |   |   |   |   |   |
|  •beans or peas OR |   |   |   |   |   |   |   |   |
|  •nut or seed butters OR |   |   |   |   |   |   |   |   |
|  •nuts & / or seeds OR |   |   |   |   |   |   |   |   |
|  •yogurt |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |

\*Meat & meat alternates may be used to meet the entire grains requirement a maximum of three times a week. 1 oz of meat & meat alternates is equal to 1 oz equivalent of grains.

\*\*APP: alternate protein product

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