|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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/)