

# SNACK Child Care Meal Pattern

## Must Serve Two of the Five Components

| <b>Food Components<sup>1</sup></b>  | <b>Ages 1-2</b>   | <b>Ages 3-5</b>   | <b>Ages 6-12<sup>2</sup></b> |
|---|-------------------|-------------------|------------------------------|
| <b>Fluid milk<sup>3</sup></b>   | ½ cup             | ½ cup             | 1 cup                        |
| <b>Vegetables<sup>4</sup></b>   | ½ cup             | ½ cup             | ¾ cup                        |
| <b>Fruits<sup>4</sup></b>   | ½ cup             | ½ cup             | ¾ cup                        |
| <b>Grains (ounce equivalent)<sup>5,6</sup></b>                              |                   |                   |                              |
| Bread   | ½ slice           | ½ slice           | 1 slice                      |
| Bread product, such as biscuit, roll or muffin                              | ½ serving         | ½ serving         | 1 serving                    |
| Hot cooked cereal <sup>7</sup> , cereal grain or pasta                      | ¼ cup             | ¼ cup             | ½ cup                        |
| Cold, dry, ready-to-eat cereal <sup>7,8</sup>                               |                   |                   |                              |
| Flakes or rounds  | ½ cup             | ½ cup             | 1 cup                        |
| Puffed cereal   | ¾ cup             | ¾ cup             | 1¼ cup                       |
| Granola   | ⅛ cup             | ⅛ cup             | ¼ cup                        |
| <b>Meat/meat alternates</b>   |                   |                   |                              |
| Lean meat, poultry or fish  | ½ oz.             | ½ oz.             | 1 oz.                        |
| Tofu <sup>9</sup> , soy product or alternate protein products <sup>10</sup> | ½ oz. eq.         | ½ oz. eq.         | 1 oz. eq.                    |
| Cheese  | ½ oz.             | ½ oz.             | 1 oz.                        |
| Large egg   | ½                 | ½                 | ½                            |
| Cooked dry beans or peas  | ⅛ cup             | ⅛ cup             | ¼ cup                        |
| Peanut, soy or other nut or seed butters                                    | 1 Tbsp.           | 1 Tbsp.           | 2 Tbsp.                      |
| Peanuts, soy or tree nuts, or seeds   | ½ oz              | ½ oz              | 1 oz                         |
| Yogurt, plain or flavored, unsweetened or sweetened <sup>11</sup>           | 2 oz. or<br>¼ cup | 2 oz. or<br>¼ cup | 4 oz. or<br>½ cup            |

<sup>1</sup> Only one of the two components may be a beverage.

<sup>2</sup> Children age 13 and older may be served larger portions based on their greater food needs.

<sup>3</sup> For children age 1, milk must be unflavored whole milk. For children 2 through 5 years old, milk must be unflavored lowfat (1%) or unflavored fat-free (skim). For children 6 years and older, milk must be unflavored lowfat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk.

<sup>4</sup> Pasteurized, 100%, full-strength juice may be used to meet the vegetable or fruit requirement at only one eating occasion per day, including snacks.

<sup>5</sup> Breads and grains must be whole-grain or enriched. Cereal must be whole-grain, enriched or fortified. When grain items are served, there must be at least one serving of grain that is whole grain rich per day. Grain based desserts do not count towards meeting the grains requirement.

<sup>6</sup> Beginning October 1, 2019, ounce equivalents will be used to determine the quantity of creditable grains.

<sup>7</sup> Breakfast cereals must contain no more than 6 grams of total sugars per dry ounce.

<sup>8</sup> Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereal is ¼ cup for children ages 1-2; ½ cup for children ages 3-5; and ¾ cup for children 6-12.

<sup>9</sup> 2.2 ounces of tofu (¼ cup) containing at least 5 grams of protein is creditable as 1.0 oz. eq. meat alternate.

<sup>10</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.

<sup>11</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.



## Sample Snack Menu: Morning & Afternoon Snack

\*Note: Serving Sizes listed below are specified for children 3-5 years old.

### Week 1

|  |   |  |   |  |
|--|---|--|---|--|
| Whole wheat crackers (4)<br>Applesauce ( $\frac{1}{2}$ cup)                        | Frozen berries ( $\frac{1}{2}$ cup)<br>Yogurt ( $\frac{1}{4}$ cup)<br>Water | Celery with peanut butter and raisins (4-6 sticks)<br>Lowfat milk ( $\frac{1}{2}$ cup) | Whole wheat dinner roll<br>Tuna salad ( $\frac{1}{2}$ oz tuna per serving)<br>Water | Toasted whole grain oat cereal (1/3 cup)<br>Lowfat milk ( $\frac{1}{2}$ cup)             |
| Baby carrots with lowfat dressing (4-6 sticks)<br>Lowfat milk ( $\frac{1}{2}$ cup) | Whole grain chips ( $\frac{1}{2}$ ounce)<br>Banana ( $\frac{1}{2}$ cup)     | String cheese (1)<br>Mini brown rice cakes (7 mini)<br>Water                           | Cheese toast/bread ( $\frac{1}{2}$ slice)<br>Lowfat milk ( $\frac{1}{2}$ cup)       | 100% orange juice ( $\frac{1}{2}$ cup)<br>Mini bell pepper ( $\frac{1}{2}$ cup)<br>Water |

### Week 2

|   |   |  |   |  |
|---|---|--|---|--|
| Canned peaches ( $\frac{1}{2}$ cup)<br>Cottage cheese ( $\frac{1}{4}$ cup)<br>Water   | Rice cakes ( $1\frac{1}{2}$ ) with peanut butter (1 Tablespoon)<br>Lowfat milk ( $\frac{1}{2}$ cup) | Sweet potato ( $\frac{1}{2}$ cup)<br>Lowfat milk ( $\frac{1}{2}$ cup)                            | Lightly sweetened shredded whole wheat cereal (1/3 cup)<br>Lowfat milk ( $\frac{1}{2}$ cup) | Oatmeal (1/4 cup)<br>Dried fruit (1/4 cup)<br>Water                                |
| Zucchini sticks with lowfat dressing (4-6 sticks)<br>Lowfat milk ( $\frac{1}{2}$ cup) | Mandarin oranges ( $\frac{1}{2}$ cup )<br>Steamed broccoli ( $\frac{1}{2}$ cup)                     | Whole wheat tortilla ( $\frac{1}{2}$ slice)<br>Cold cuts and cheese ( $\frac{1}{2}$ oz)<br>Water | Egg salad ( $\frac{1}{2}$ egg per serving)<br>Soda crackers (4)<br>Water                    | Baby carrots with lowfat dressing (4-6 sticks)<br>Lowfat milk ( $\frac{1}{2}$ cup) |

### Week 3

|  |  |  |  |   |
|--|--|--|--|---|
| Whole wheat bread with peanut butter and jam ( $\frac{1}{2}$ )<br>Lowfat milk ( $\frac{1}{2}$ cup) | Whole grain waffle ( $\frac{1}{2}$ )<br>Orange slices ( $\frac{1}{2}$ cup)         | Apple wedges ( $\frac{1}{2}$ cup)<br>Sliced natural cheese (1 oz)<br>Water | Tofu ( $\frac{1}{8}$ cup) with seaweed seasoning<br>Lowfat milk ( $\frac{1}{2}$ cup) | Diced melon ( $\frac{1}{2}$ cup)<br>English muffin ( $\frac{1}{2}$ )<br>Water |
| Orange wedges ( $\frac{1}{2}$ cup)<br>Pretzels (7 mini)<br>Water                                   | Cucumber sticks w/lowfat dressing (4-6 sticks)<br>Lowfat milk ( $\frac{1}{2}$ cup) | Pears ( $\frac{1}{2}$ cup)<br>Lowfat milk ( $\frac{1}{2}$ cup)             | Granola ( $\frac{1}{4}$ cup)<br>Yogurt ( $\frac{1}{4}$ cup)<br>Water                 | Shredded whole wheat crackers (4)<br>Lowfat milk ( $\frac{1}{2}$ cup)         |

### Tips:

- \*Unflavored low-fat (1%) or skim (nonfat) milk is appropriate for children 2 years and older.
- \*Choose a variety of "whole" fruits and vegetables—fresh, frozen, canned and dried.
- \*Choose "whole grain rich" products at least once a day when grains are served (ex. Whole grain crackers, Oatmeal, Whole wheat bread, etc.)
- \*Choose cereal with no more than 6 grams of sugar per dry ounce (28 gram) serving.
- \*Choose yogurt with no more than 23 grams of sugar per 6 ounce serving.
- \*When two snacks are offered (morning and afternoon snack), one snack **must** offer milk, yogurt or cheese.
- \*These are **minimum** amounts. Children are able to have more, if desired.

### Instructions for using the Snack Menu template

*\*Note: Unless you have Adobe Acrobat Pro, you will not be able to save your work on the PDF form.  
Please print before closing.*

- 1) Check the box for “Morning Snack” or “Afternoon Snack.”
- 2) Fill in the dates of the week at the top of the form.
- 3) For each snack, include at least 2 different food components:
  - a) Fill in the type of fluid milk you will serve.

For children age 1, milk must be unflavored whole milk. For children 2 through 5 years old, milk must be unflavored lowfat (1%) or unflavored fat-free (skim). For children 6 years and older, milk must be unflavored lowfat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk.

If you are serving a morning and afternoon snack, at least one of those two snacks must include a serving of milk or a calcium equivalent (example: yogurt, cheese, etc.).

- b) Fill in the type(s) of vegetable that you will serve.

Choose a variety of fresh, frozen or canned vegetables. Drain canned vegetables before serving. Juice must be full-strength and 100% with no added sugars.

- c) Fill in the type of fruit that you will serve.

Choose a variety of fresh, frozen, canned or dried fruits. Drain canned fruits before serving. Juice must be full-strength and 100% with no added sugars.

- d) Fill in the type of grain / bread that you will serve.

Breads and grains must be whole-grain or enriched. Cereal must be whole-grain, enriched or fortified. When grains are served, there must be at least one serving of grain that is “whole grain-rich” per day. Grain based desserts do not count toward meeting the grain requirement. Cereal must contain no more than 6 grams of sugar per 1 ounce serving.

- e) Fill in the type of Meat / Meat Alternate that you will serve.

A serving consists of the edible portion of cooked lean meat, poultry or fish. Yogurt must contain no more than 23 grams of sugar per 6 ounce serving.

- 4) Fill in the portions of (1) milk; (2) fruit; (3) vegetable; (4) grain / bread and (5) meat / meat alternate that you will offer for snack in the respective column for the corresponding ages of children that you will serve.

Refer to the “Snack Meal Pattern Chart” for *minimum* required portions. Go to [www.ctahr.hawaii.edu/new/hccnp/](http://www.ctahr.hawaii.edu/new/hccnp/), click on “Preschools/Providers” and scroll to section “USDA Component Guidelines for Children.”

- 5) Go back and check that you have included:
  - a) at least 2 of the 5 meal components required for snack for each day of the week
  - b) at least 1 serving of milk or calcium equivalent if serving both a morning & afternoon snack

### Snack Menu Template

Must serve at minimum, 2 of the 5 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 | OR              |                  | Monday<br>Date:<br>Food Item | Tuesday<br>Date:<br>Food Item | Wednesday<br>Date:<br>Food Item | Thursday<br>Date:<br>Food Item | Friday<br>Date:<br>Food Item |
|---|---------------------------|---------------------------|----------------------------|-----------------|------------------|------------------------------|-------------------------------|---------------------------------|--------------------------------|------------------------------|
|   |                           |                           |                            | Monday<br>Date: | Tuesday<br>Date: |                              |                               |                                 |                                |                              |
| <u>1 Milk, fluid</u>  |                           |                           |                            |                 |                  |                              |                               |                                 |                                |                              |
| <u>1 Vegetable</u>  |                           |                           |                            |                 |                  |                              |                               |                                 |                                |                              |
| <u>1 Fruit</u>  |                           |                           |                            |                 |                  |                              |                               |                                 |                                |                              |
| <u>1 Grain / Bread</u><br>•bread (slice) OR<br>•biscuit, roll, muffin (serv) OR<br>•hot cereal, pasta, rice   |                           |                           |                            |                 |                  |                              |                               |                                 |                                |                              |
| <u>1 Meat / Meat alternate</u><br>•meat, poultry, fish OR<br>•tofu, soy or *APP OR<br>•cheese OR<br>•large egg OR<br>•beans or peas OR<br>•nut or seed butters OR<br>•nuts & / or seeds OR<br>•yogurt |                           |                           |                            |                 |                  |                              |                               |                                 |                                |                              |

\*APP: alternate protein product

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