

# Preschool Meal Pattern SY 2025-2026



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## PRESCHOOL Objectives

- What is a reimbursable meal?
- Why is it important to follow the meal pattern requirements?
- Preschool vs older grades
- Meal pattern requirements
  - Breakfast
  - Lunch
- Meal Components
  - Sugar Limits
- Co-mingling



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## What is a Reimbursable Meal?

- ▶ Follows all of the federal requirements to be claimed for reimbursement.
- ▶ Contains all of the required meal components and specified quantities



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### Why is this Important?

- ▶ SFAs receive federal dollars for every reimbursable meal
  - ▶ Free
  - ▶ Reduced Price
  - ▶ Paid




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### Fiscal Action

- ▶ Fiscal action is taken when:
  - ▶ A meal component is missing
  - ▶ Production records are missing
  - ▶ Run out of a food item during meal service and is not replenished
    - ▶ Ex: School runs out of applesauce during the middle of meal service so 25 students do not have the opportunity to have any fruit with their meal.
  - ▶ Repeat meal pattern findings




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### Things to Note for Preschool...

- ▶ Offer vs Serve is NOT allowed for children under 5 years old (unless co-mingled)
- ▶ Frying is NOT allowed as a way of preparing foods on-site
- ▶ Meals offered at the grade level, not age
  - ▶ Example: a 4 ½ year old who attends kindergarten must be served the K-5 meal pattern




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### Preschool – Breakfast Meal Pattern

	Ages 3-5 (Preschool)
Milk	¾ cup
Fruit, Vegetables, or Both	½ cup
Grains	½ oz eq

Must serve ALL three meal components for a reimbursable meal

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### Preschool – Lunch Meal Pattern

	Ages 3-5 (Preschool)
Milk	¾ cup
Meat/Meat Alternate	1½ oz eq
Vegetable	¼ cup
Fruit	¼ cup
Grains	½ oz eq

Pre-K M/MA requirement is higher than the K-5 requirement

Must serve ALL five meal components for a reimbursable meal

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PRESCHOOL

### Milk



	Types of Milk
Ages 3-5	1% (unflavored) Fat-free (unflavored)



Flavored milk CANNOT be served to preschoolers

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## Vegetables



- ▶ No vegetable subgroup requirements
- ▶ May be used to meet the entire fruit component at lunch
- ▶ Must serve 2 different kinds of vegetables  
*(does not have to be from different vegetable subgroups)*

**Allowable:**

- Milk
- Chicken sandwich
- Broccoli**
- Carrots**

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**Not Allowable:**

- Milk
- Chicken sandwich
- Broccoli (2 servings)**

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## Vegetables

- ▶ Minimum amount of vegetables that can be credited towards the meal pattern is 1/8 cup




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## Vegetables – Special Situations

- ▶ Raw and cooked leafy greens credit differently

**RAW:** credited at half the volume served  
*Example: ½ cup raw spinach = ¼ cup vegetable*

**COOKED:** credit the same as the volume served  
*Example: ¼ cup cooked spinach = ¼ cup vegetable*




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### Beans, Peas, Lentils



- ▶ May count towards the vegetable component OR M/MA component, but not both in the same meal

¾ cup serving = ¾ cup vegetable OR 1 oz eq M/MA



Vegetable

Meat/meat alternate

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Hawaii Child Nutrition Programs **PRE-SCHOOL**

### Substituting Vegetables for Grains in Hawaii

**SP 03-2025: Substituting Vegetables for Grains in American Samoa, Guam, Hawaii, Puerto Rico, the U.S. Virgin Islands, and Tribal Communities**

- ▶ All schools in Guam and Hawaii are allowed to substitute any creditable vegetables for the grains or bread component.
  - ▶ However, USDA emphasizes the importance of traditional and culturally relevant vegetables.




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Hawaii Child Nutrition Programs **PRE-SCHOOL**

### Substituting Vegetables for Grains in Hawaii

**SP 03-2025: Substituting Vegetables for Grains in American Samoa, Guam, Hawaii, Puerto Rico, the U.S. Virgin Islands, and Tribal Communities**

- ▶ Vegetables substituted for grains do not contribute toward the daily minimum vegetable requirement
  - ▶ Must offer another vegetable to meet the vegetable component requirement
- ▶ ½ cup of vegetables credits as 1 oz eq of grains
  - ▶ Raw leafy greens: 1 cup credits as 1 oz eq of grains
- ▶ Vegetables substituted for grains can be used to meet the whole grain-rich requirement if offered in the minimum quantity required

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### Fruit

- ▶ Fruit is a required component at lunch
  - May **NOT** substitute fruit for the vegetable component
- ▶ Fresh, frozen, dried, 100% fruit juice, and canned fruit in light syrup, water or fruit juice may be offered




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### Fruit

- ▶ Pre-packed fruit cups
  - ▶ Obtain a Product Formulation Statement from the manufacturer to determine crediting




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**PRESCHOOL**

### Fruit



- ▶ The minimum amount of fruit that can be credited towards the meal pattern is 1/8 cup

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PRESCHOOL

### Fruit – Special Situations

- ▶ Dried fruit credits as twice the volume served  
 $\frac{1}{4}$  cup of dried fruit =  $\frac{1}{2}$  cup fruit




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PRESCHOOL

### Juice Limit

- ▶ May serve full-strength fruit/vegetable juice
- ▶ Limit to one meal, (including snack) per day
- Includes:
  - Fruit juice
  - Vegetable juice
  - Frozen pops made from 100% juice
  - Pureed fruits and vegetables in smoothies




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PRESCHOOL

### Grains

- ▶ All grains must be whole grain-rich or enriched
- ▶ At least one serving of grains per day must be whole grain-rich:
  - Contains 100% whole grains, OR
  - Contains at least 50% whole grains and the remaining grains are enriched




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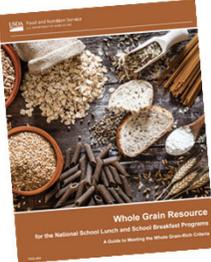
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Hawaii Child Nutrition Programs **PRESCHOOL** USDA's Whole Grain Resource



**Whole Grain Resource for the National School Lunch and School Breakfast Programs**

<https://www.fns.usda.gov/tn/whole-grain-resource>

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Hawaii Child Nutrition Programs **PRESCHOOL** Grains

**Examples of Whole Grains**

- Whole wheat flour
- White whole wheat flour
- Brown rice
- Rolled oats
- Oatmeal
- Quinoa
- Cracked wheat
- Crushed wheat
- Wild Rice

**Examples of Non-whole Grains**

- Flour
- All-purpose flour
- White flour
- Wheat flour
- Bread flour
- Rice flour
- Enriched flour
- Enriched rice
- Milled brown rice



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Hawaii Child Nutrition Programs **PRESCHOOL** Non-creditable Ingredients



▶ Examples of grain ingredients that do not contribute toward the meal pattern:

- Oat fiber
- Wheat starch
- Corn fiber
- Modified food starch
- Corn starch
- Vegetable flours (such as potato, and legume flours)

▶ Ingredients must be present at a level of less than 2% of the product formula (or less than 0.25 oz eq) for the product to be creditable

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**Hawaii Child Nutrition Programs** **PRESCHOOL**

### Using the Ingredient List to Determine if a Product is Whole Grain-Rich

- ▶ Ingredients are listed in descending order according to weight
  - ▶ First ingredient = weighs the most
  - ▶ Last ingredient = weighs the least
- ▶ Check if whole grains are the primary grain by weight
- ▶ If a whole grain is listed first with 2 or more enriched grains, a Product Formulation Statement is needed.
- ▶ If an enriched grain is listed as the first ingredient but multiple whole-grain ingredients are listed, a Product Formulation Statement is needed.




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**Hawaii Child Nutrition Programs**

### Is this a Whole Grain-Rich Product?



**All Natural Whole Wheat Pasta**

**Ingredients:**  
Whole-grain wheat flour, wheat flour, oat fiber.

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**Unenriched** wheat flour and oat fiber

**NOTE:** Products containing 0.25 oz eq or more of non-creditable grains may not contribute toward the reimbursable meal.

**REQUEST A PRODUCT FORMULATION STATEMENT**




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### Is this a Whole Grain-Rich Product?



**White Whole Wheat Dinner Rolls**

**Ingredients:**  
White whole-wheat flour, water, enriched unbleached wheat flour, wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrite, enzyme, riboflavin, folic acid, yeast, and sugar. Contains less than 2% of the following: wheat gluten, soybean oil, salt, oat fiber, honey, sodium stearoyl lactylate, datem, acesulfame potassium, ascorbic acid, enzyme. MAY CONTAIN MILK, SOY, EGG AND SESAME.

✓ **WHOLE GRAIN-RICH**

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### Is this a Whole Grain-Rich Product?



100% Whole Wheat Bread

INGREDIENTS: **WHOLE WHEAT FLOUR**, WATER, WHEAT GLUTEN, BROWN SUGAR, YEAST, OAT FIBER, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: HONEY, SUGAR, SOYBEAN OIL, SALT, CALCIUM SULFATE, ASCORBIC ACID, ENZYMES, SOY LECITHIN, CALCIUM PROPIONATE (PRESERVATIVE).



**NOT WHOLE GRAIN-RICH**



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### Is this a Whole Grain-Rich Product?



Wheat Bagel

INGREDIENTS:

**Enriched Wheat Flour**, **Wheat Flour**, Barley Malt, **Niacin**, **Iron**, **Thiamin Mononitrate**, **Riboflavin**, **Folic Acid**, Water, **Whole Wheat Flour**, Brown Sugar, Contains less than 2% of the following: Yeast, Wheat Gluten, Soybean Oil, Salt, Sugar, Calcium Propionate (Preservative), Mono & Diglycerides, Guar Gum, Ascorbic Acid (Dough Conditioner), Enzymes.

**ENRICHED,  
Not Whole Grain-Rich**



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### Is this a Whole Grain-Rich Product?

**Hapa Rice Recipe #1**

- 2 pounds Brown Rice
- 3 pounds Enriched White Rice

Is this Hapa Rice whole grain-rich?

**ENRICHED,  
Not Whole Grain-Rich**

**Hapa Rice Recipe #2**

- 2.5 pounds Brown Rice
- 2.5 pounds Enriched White Rice

Is this Hapa Rice whole grain-rich?



**YES**



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**Hawaii Child Nutrition Programs** **PRESCHOOL**

## Ready to Eat Breakfast Cereals

- ▶ Ready-to-Eat (RTE) breakfast cereals must list a whole grain as the primary ingredient and
- ▶ The cereal must be fortified.
- ▶ RTE cereals made from 100 percent whole grains are not required to be fortified




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**Hawaii Child Nutrition Programs**

## Is this a Whole Grain-Rich Product?



**Ingredients**

WHOLE GRAIN OATS, SUGAR, CORN STARCH, HONEY, BROWN SUGAR SYRUP, SALT, TRIPOTASSIUM PHOSPHATE, CANOLA OIL, NATURAL ALMOND FLAVOR, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS, VITAMINS AND MINERALS: CALCIUM CARBONATE, VITAMIN C (SODIUM ASCORBATE), IRON AND ZINC (MINERAL NUTRIENTS), A, B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), VITAMIN B2 (RIBOFLAVIN), A, B VITAMIN FOLIC ACID, VITAMIN B12, VITAMIN D3. CONTAINS ALMOND INGREDIENTS.

**OK**

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**Hawaii Child Nutrition Programs** **PRESCHOOL**

## Grains

- ▶ Oz eq are used to determine the amount of creditable grains
- ▶ Grain-based desserts do **NOT** count towards the grains component



**Exhibit A: Grain Requirements for Child Nutrition Programs<sup>1,2</sup>**  
Color Key: **Green** = 1 oz eq; **Blue** = 0.5 oz eq; **Red** = 0.25 oz eq

Food Products per Group	ounce Equivalent (oz eq)
<b>Group A</b>	<b>ounce Equivalent (oz eq) for Group A</b>
Bread (per slice)	1 oz eq = 22 gm or 0.8 oz
Bread (whole loaf)	24 oz eq = 11 gm or 0.4 oz
Corn Meal (hominy)	1.2 oz eq = 11 gm or 0.4 oz
Savory crackers (saltines and snack crackers)	1.6 oz eq = 6 gm or 0.2 oz
Crackers	
Pastry (fruit)	
Stuffing (dry) (when weighed as listed in labeling)	
<b>Group B</b>	<b>ounce Equivalent (oz eq) for Group B</b>
<b>Cereals</b>	<b>1 oz eq = 28 gm or 1.0 oz</b>
Waffle (per waffle)	1.6 oz eq = 11 gm or 0.4 oz
Waffle	1.2 oz eq = 11 gm or 0.4 oz
Biscuits - all (for example, wheat, French, Italian)	1.6 oz eq = 11 gm or 0.4 oz
Bacon (pancake) and hot dog	1.6 oz eq = 11 gm or 0.4 oz
Sweet crackers <sup>3</sup> (garden of eatin' crackers - all bakery cereal crackers)	1.6 oz eq = 11 gm or 0.4 oz
Egg roll shells	
English muffins	
Flax bread	
Pho (bun)	
Prosciutto	
Prosciutto (bun)	
Rolls	
Tortillas	
Tostitos shells	
Taco shells	

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### How many oz eq?

**Hamburger Buns**

<b>Nutrition Facts</b>	
8 servings per container	
Serving size 1 bun (46g)	



To calculate the ounce equivalent:

$$\frac{46 \text{ grams for 1 hamburger bun}}{28 \text{ grams per oz eq for Group B}} = 1.64 \text{ oz eq}$$

Round down to nearest 0.25 oz eq

**1.5 oz eq**

Group B	Ounce Equivalent (oz eq) for Group B
Bagels	1 oz eq = 28 gm or 1.0 oz
Batter type coating	3/4 oz eq = 21 gm or 0.75 oz
Biscuits	1/2 oz eq = 14 gm or 0.5 oz
Breads - all (for example sliced, French, Italian)	1/4 oz eq = 7 gm or 0.25
Buns (hamburger and hot dog)	

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### How many oz eq?

**Waffles**

<b>Nutrition Facts</b>	
12 servings per container	
Serving size 1 waffle (45g)	



To calculate the ounce equivalent:

$$\frac{45 \text{ grams for 1 waffle}}{34 \text{ grams per oz eq for Group B}} = 1.32 \text{ oz eq}$$

Round down to nearest 0.25 oz eq

**1.25 oz eq**

Group C	Ounce Equivalent (oz eq) for Group C
Cakes <sup>1</sup> (gluten - includes vanilla wafers)	1 oz eq = 34 gm or 1.2 oz
Crusts	3/4 oz eq = 26 gm or 0.9 oz
Corn muffins	1/2 oz eq = 17 gm or 0.6 oz
Croissants	1/4 oz eq = 9 gm or 0.3 oz
Pancakes	
Pie crust (dessert pie <sup>2</sup> , cobbler <sup>3</sup> , fruit turnovers <sup>4</sup> , and apple/meat alternate pies)	
Waffles	

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### How many oz eq?



**1/4 cup Brown Rice**

Group H	Ounce Equivalent (oz eq) for Group H
Cereal Grains (barley, quinoa, etc.)	1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry
Breakfast cereals (cooked) <sup>1</sup>	
Bulgur or cracked wheat	
Macaroni (all shapes)	
Noodles (all varieties)	
Pasta (all shapes)	
Spaghetti (spaghetti only)	
Rice	

What is the oz eq for 1/4 cup of brown rice?

**0.5 oz eq**

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PRESCHOOL

### Grains

- ▶ The minimum amount of grain that can be credited towards the meal pattern is 0.25 oz eq





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PRESCHOOL

### Grains

- ▶ Breakfast cereals must contain **no more than 6 grams of added sugars** per dry ounce






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Hawaii Child Nutrition Programs

PRESCHOOL

USDA Food and Nutrition Service

Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program

Yummy Brand Cereal

Nutrition Facts	
Serving Size 1/2 cup (40g)	
Amount Per Serving	
<b>Calories</b>	<b>100</b>
<b>Total Fat</b>	2g
<b>Total Carbohydrate</b>	22g
<b>Total Sugar</b>	6g
<b>Added Sugar</b>	6g
<b>Fiber</b>	2g
<b>Protein</b>	2g

**“Choose Breakfast Cereals That Are Lower in Added Sugars”**



<https://www.fns.usda.gov/tn/cacfp/breakfast-cereals-lower-sugar>




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**Hawaii Child Nutrition Programs**

### Grains Mini Activity

**Nutrition Facts**  
About 10 raisins or one cookie

**Serving size 1 Cup (40g)**

**Calories 140**

**Total Fat 1.5g 2%**  
**Saturated Fat 0g 0%**  
**Trans Fat 0g**  
**Polysaturated Fat 0.5g**  
**Monounsaturated Fat 0.5g**  
**Cholesterol 0mg 0%**  
**Sodium 210mg 9%**  
**Total Carbohydrate 31g 11%**  
**Dietary Fiber 5g 18%**  
**Soluble Fiber 2g**  
**Insoluble Fiber 3g**  
**Total Sugars 7g**  
**Incl. 7g Added Sugars 14%**  
**Protein 5g**

Serving Size	Added Sugars
If the serving size is:	
0-2 grams	0 grams
3-7 grams	1 gram
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams

**This cereal can be served to preschoolers**

- Find the **Serving Size** in grams (g).
- Find the **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.
- Look for the **Serving Size** identified in Step 1 in the table.
- In the table, look at the number to the right of the **Serving Size** amount. If the cereal has that amount of added sugars, or less, the cereal meets the added sugars limit.




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**Hawaii Child Nutrition Programs**

### Grains Mini Activity

**Nutrition Facts**  
per serving

**Serving size 1/2 cup (120g)**

**Calories 120**

**Total Fat 1.5g 2%**  
**Saturated Fat 0g 0%**  
**Trans Fat 0g**  
**Polysaturated Fat 0.5g**  
**Monounsaturated Fat 0.5g**  
**Cholesterol 0mg 0%**  
**Sodium 210mg 9%**  
**Total Carbohydrate 31g 11%**  
**Dietary Fiber 5g 18%**  
**Soluble Fiber 2g**  
**Insoluble Fiber 3g**  
**Total Sugars 7g**  
**Incl. 7g Added Sugars 14%**  
**Protein 5g**

Serving Size	Added Sugars
If the serving size is:	
0-2 grams	0 grams
3-7 grams	1 gram
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams

**Too much added sugars!**

- Find the **Serving Size** in grams (g).
- Find the **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.
- Look for the **Serving Size** identified in Step 1 in the table.
- In the table, look at the number to the right of the **Serving Size** amount. If the cereal has that amount of added sugars, or less, the cereal meets the added sugars limit.




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**Hawaii Child Nutrition Programs**

**PRESCHOOL Meat / Meat Alternate (M/MA)**

- ▶ May substitute for the entire grains component **AT BREAKFAST**
  - Maximum 3 times in a week
- ▶ Yogurt must contain **no more than 12 grams of added sugars per 6 ounces**




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**Hawaii Child Nutrition Programs** **PRESCHOOL**

### Meat / Meat Alternate (M/MA)



- ▶ The minimum amount of meat/meat alternate that can be credited towards the meal pattern is 0.25 oz eq

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**Hawaii Child Nutrition Programs** **PRESCHOOL**

### Meat / Meat Alternate (M/MA)

- ▶ Nuts and seeds may credit for the full M/MA component
- ▶ May offer nuts and seeds to meet the full meat/meat alternate component or a portion of it, alongside other meats/meat alternates.



**IMPORTANT: Serve with caution to children under age 4.**  
Refer to USDA's *Reducing the Risk of Choking in Young Children at Mealtimes*: <https://www.fns.usda.gov/tn/reducing-risk-choking-young-children-mealtimes>

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**Hawaii Child Nutrition Programs** **PRESCHOOL**

### Child Nutrition (CN) Labels

- ▶ Provide meal pattern contribution for commercially processed food items
- ▶ Crediting statement is approved by USDA

**Sample CN Label**

**Chicken Stir-Fry Bowl**

Ingredient Statement:  
Chicken, brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, garlic.

CN 099135

Each 4.5 oz. Chicken Stir-Fry Bowl provides 1.5 oz. equivalent meat, 1.0 oz eq Grains, 1/2 cup dark green vegetable, 1/2 cup red/orange vegetable, and 1/2 cup other CN vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 09/14).

CN

Net Wt.: 18 pounds

**Chicken Wok Company**  
1234 Kluck Street Poultry, PA 12345

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### Flexibility for Co-Mingled Preschool Meals

- ▶ Preschoolers and K-5 students served in the same area at the same time
  - ▶ The two grade groups are intermixed
- ▶ SFA's choice:
  - ▶ Follow grade-appropriate meal pattern
  - ▶ Serve the K-5 meal pattern to both groups




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### Preschool Meal Pattern Activity




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### Menu Planning for Preschool: Breakfast

**Pineapple Chunks**  
½ cup Fruit



**½ cup Yogurt**  
1 oz eq M/MA

**1% Unflavored Milk**  
¾ cup Milk




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**Hawaii Child Nutrition Programs**

### Menu Planning for Preschool: Breakfast

- Oatmeal**  
1 oz eq Grain
- Dried Raisins**  
1/4 cup serving  
(1/2 cup credit Fruit)
- Fat-Free Chocolate Milk**  
1 cup Milk  
Must be fat free unflavored or 1% unflavored milk







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**Hawaii Child Nutrition Programs**

### Menu Planning for Preschool: Lunch

- Tuna Sandwich**  
1 oz eq M/MA  
1 oz eq Grain
- Cucumber Slices**  
1/2 cup Vegetable
- Hummus**  
1/2 cup Vegetable  
(Substitute for 1/4 cup Fruit)
- 1% Unflavored Milk**  
1/2 cup Milk








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**Hawaii Child Nutrition Programs**

### Menu Planning for Preschool: Lunch

- Grilled Cheese Sandwich**  
1.5 oz eq M/MA  
1 oz eq Grain
- Green Leaf Salad**  
1/4 cup serving  
(credits as 1/8 cup Vegetable)
- 100% Orange Juice**  
1/4 cup Fruit
- 1% White Milk**  
1/2 cup Milk








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**Hawaii Child Nutrition Programs**

## Signage

- ▶ Must identify what constitutes a reimbursable meal at or near the beginning of the serving line

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**Hawaii Child Nutrition Programs**

## Sample Menu Activity

Fruit?  
Vegetable?

December 2025 Lunch Menu				
Cheese Pizza 1	Baked Chicken with Brown Rice 2	Corn Dog 3	Popcorn Chicken with Brown Rice 4	Spaghetti with Meatballs 5
Chicken Nuggets 8	Cheeseburger 9	Pepperoni Pizza 10	Roast Turkey with Brown Rice 11	Tuna Sandwich 12

All meals include a half pint of 1% unflavored milk.  
This institution is an equal opportunity provider.

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**Hawaii Child Nutrition Programs**

## Potable Water

- ▶ Must be made available and accessible to all children where meals are served at no charge during meal service
- ▶ Must be in the meal service area or immediately adjacent to the meal service area

**BREAKFAST**

- ▶ Must be available when breakfast is served in the cafeteria

**LUNCH and AFTERSCHOOL SNACK**

- ▶ Must be available in each location where meals are served (includes cafeteria, classrooms, in-school suspension, etc.)

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## Resources

### Preschool Meal Pattern

- **Pre-K Breakfast:**  
<https://hcnp.hawaii.gov/wp-content/uploads/2026/01/NEW-Pre-K-Breakfast-Meal-Pattern-SY-25-26.pdf>
- **Pre-K Lunch:**  
<https://hcnp.hawaii.gov/wp-content/uploads/2026/01/NEW-Pre-K-Lunch-Meal-Pattern-SY-25-26.pdf>

### K-5 Meal Pattern

*(when preschool is co-mingled with older grade groups)*

- **K-5 Breakfast:**  
<https://hcnp.hawaii.gov/wp-content/uploads/2025/12/NEW-BREAKFAST-MEAL-PATTERN-SY-25-26.pdf>
- **K-5 Lunch:**  
<https://hcnp.hawaii.gov/wp-content/uploads/2026/01/NEW-LUNCH-MEAL-PATTERN-SY-25-26.pdf>

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## Resources

- USDA Food Buying Guide: <https://foodbuyingguide.fns.usda.gov/>
- SP 03-2025 *Substituting Vegetables for Grains in American Samoa, Guam, Hawaii, Puerto Rico, the U.S. Virgin Islands, and Tribal Communities:*  
<https://www.fns.usda.gov/cn/substituting-vegetables-grains-hawaii-territories-tribal>
- USDA Whole Grain Resource for the National School Lunch and School Breakfast Programs:  
<https://www.fns.usda.gov/tn/whole-grain-resource>
- USDA's Choose Breakfast Cereals That Are Lower in Added Sugars:  
<https://www.fns.usda.gov/tn/cacfp/breakfast-cereals-lower-sugar>

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## Resources

- USDA's Choose Yogurt That is Lower in Added Sugars:  
<https://www.fns.usda.gov/tn/cacfp/choose-yogurts-lower-sugar>
- USDA's Reducing the Risk of Choking in Young Children at Mealtimes:  
<https://www.fns.usda.gov/tn/reducing-risk-choking-young-children-mealtimes>
- USDA's Manufacturer Documentation: Child Nutrition Labels and Product Formulation Statements: <https://www.fns.usda.gov/cn/manufacturer-documentation>
- USDA's Serving School Meals to Preschoolers: <https://www.fns.usda.gov/tn/serving-school-meals-preschoolers>

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## QUESTIONS?



**Rachel Itano**      [rachel.itano@k12.hi.us](mailto:rachel.itano@k12.hi.us)  
**Kasey Kawamoto**      [kasey.kawamoto@k12.hi.us](mailto:kasey.kawamoto@k12.hi.us)  
**Janelle Ueda**      [janelle.ueda@k12.hi.us](mailto:janelle.ueda@k12.hi.us)




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## Non-Discrimination Statement

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-CRSP-PS-2017-2-Complain-Form-0506-0002-508-11-28-17fa29a2.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax:  
(833) 256-1665 or (202) 690-7442; or
3. email:  
[program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

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