

## BREAKFAST/HEARTY SNACK PROCEDURE

### 1302.44 Child nutrition.

(a) *Nutrition service requirements.* (1) A program must design and implement nutrition services that are culturally and developmentally appropriate, meet the nutritional needs of and accommodate the feeding requirements of each child, including children with special dietary needs and children with disabilities. Family style meals are encouraged as described in §1302.31 (e)(2).

(vi) Serve all children in morning center-based settings who have not received breakfast upon arrival at the program a nourishing breakfast.

### Purpose

Children who are hungry upon arrival will be offered a nourishing breakfast/hearty snack.

### How to identify children who are hungry/have not had breakfast:

Classroom staff are required to:

- Check in with parent/guardian about whether child has eaten prior to class
- Ask child about whether they are hungry/would like to eat breakfast/hearty snack
- Look for behaviors that may indicate a child is hungry:
  - Examples: very active, listless, anxious, withdrawn, distressed, stomachache, fatigue, short attention span, inability to concentrate, frustrated, emotional intensity or any behavior that is outside of the child's typical behavior
- Turn in breakfast/hearty snack menus to the Health Coordinator Assistant at the end of each month

When and How to Serve Breakfast/Hearty Snack:

- Follow all handwashing and food safety procedures
- Children must be seated while eating
- Children must be monitored by adult at all times while eating

Breakfast/Hearty Snack Item Options:

- Pick two different component options from the Nourishing Breakfast/Hearty Snack Options list
- Nourishing Breakfast/Hearty Snack Options list is followed when designing menus
- Be mindful of medical, cultural, religious and family preference diets
- Submit menu changes to Health Coordinator Assistant for approval

### ***Reference Nutrition Procedures***

## Breakfast /Hearty Snack Options

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### FLUID MILK

Unflavored 1% milk or skim

### GRAIN or MEAT/MEAT ALTERNATIVES

Cereal (*6 grams of sugar or less/dry ounce*)

Whole Wheat English muffin

Whole Wheat Bagels

Whole Wheat or Corn Tortillas

\* Yogurt (*less than 23 grams of sugar/6 oz.*)

\* Hard Boiled Eggs

\* Nut Butters (peanut, almond, soy butters)

\* Cheese (*cheddar, mozzarella, colby, swiss, etc.*)

\* Cottage Cheese

\* Meat/meat alternate may be served at breakfast instead of the grain component  
a **maximum** of 3 times/week

1 oz of meat/meat alternate = 1 serving of grain or 1 oz equivalent of grain

### VEGETABLES

Examples: beans (*black, kidney, pinto, garbanzo beans*), carrots, celery, cauliflower, broccoli, snap peas

### FRUITS

Examples: apples, oranges, bananas, peaches, berries (*blackberries, blueberries, raspberries*)

**Be mindful of medical, cultural, religious and family preference diets**