

Part Day Preschool Breakfast/Snack Procedure

Regulations			
HS 1302.44	ECEAP-ENV-13	WAC 110-300-0180	WAC 110-300-0185

Purpose

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

Guidance

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

Classroom staff are required to check in with parent/guardian about whether a 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- Examples: very active, listless, anxious, withdrawn, distressed, stomachache, fatigue, short attention span, inability to concentrate, frustrated, emotional intensity or any behavior that is outside of the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.

Follow all handwashing and food safety practices. Children must be seated while eating and children must be always monitored by an adult while eating.

Procedure

- Both a.m. and p.m. classrooms must offer all three components: fluid milk (or approved alternative fluid milk), vegetable or fruit, and a grain. (AND A PROTEIN RIGHT??)
- When designing menus choose from the approved menu options list below.
- Menu must be up to date and posted in the classroom monthly.
- Be mindful of medical, cultural, religious, family preference diets and use the child's initials to note the substitution that was made on the menu.
- To maintain confidentiality a separate menu must be kept in the food prep area for menus noting child's initial with substitutions.
- Menus must be turned into the Site Supervisor at the end of each month.

Approved Menu Options

Unflavored Fluid milk or approved milk substitute:

- Unflavored 1% or skim milk
- Approved milk substitute (request for Fluid Milk Substitution or Request for Special Dietary Accommodations must be on file)

Grain or meat/meat alternatives: Choose either cereal OR meat /meat alternative listed.

Cereal listed meets the requirements of 6 grams of sugar or less/dry ounce and are whole wheat.

Choose 2 cereal options listed below and offer a choice.

- -Cheerios
- -Multigrain Cheerios
- -Kix
- -Rice Krispies

Meat/meat alternative: Choose either cereal OR meat/meat alternative listed.

*Meat/meat alternates may substitute a grain component no more that 3 times per week.

- Yogurt (including soy yogurt) Must contain no more than 23 grams of sugar per 6 ounces.
- Cheese (cheddar, mozzarella, colby, swiss, etc.)

Fruits or Vegetables:

- Fresh or canned fruits may be offered. When serving canned fruits, purchase fruit canned in 100% fruit juice or water.
- Fresh, frozen, or canned vegetables may be offered.

Example Breakfast/Snack Menu:

Madrona		Breakfast Menu		October 2021	
18	19	20	21	25	26
1% Milk Mozzarella Cheese Stick Canned Peaches	1% Milk Mozzarella Cheese Stick Canned Peaches	1% Milk Mozzarella Cheese Stick Canned Peaches	1% Milk Kix/Multigrain Cheerios Canned Peaches	1% Milk Kix/Multigrain Cheerios Bananas	1% Milk Kix/Multigrain Cheerios Bananas
27	28	AL: Soy Milk			

- Note the mozzarella stick (meat alternative) was served no more than three times during the first week.
- AL has a *Request for Fluid Milk Substitution* on file and is always offered soy milk in place of the 1% milk. This is noted at the bottom of the calendar.