

Sample Menu for a Preschooler

Breakfast

2% milk (1/2 cup)
Cream of wheat (1/2 cup)
Banana (1/2)
Margarine (1 tsp)
Whole-wheat toast (1 slice)
Jam or jelly (2 tsp)

Midmorning Snack

Vanilla wafers (3)
Orange juice (1/2 cup)

Lunch

2% milk (1/2 cup)
Beef patty (2 oz)
Whole-wheat bread (1 slice)
Broccoli (3 tbsp)
Ketchup (1 tsp)
Canned peaches (1/4 cup)

Midafternoon Snack

Cheese (3/4 oz)
Crackers (5)

Dinner

2% milk (1 cup)
Chopped chicken (2 oz)
Dinner roll (1 medium)
Cooked carrots (2 tbsp)
Margarine (1 tsp)
Mashed potatoes (3 tbsp)

Evening Snack

Applesauce (1/3 cup)
Graham crackers (2)