

Sample Menu for a Toddler

Breakfast

Whole milk (1/2 cup)
Cream of wheat (1/4 cup)
Banana (1/2)
Margarine (1 tsp)
Whole-wheat toast (1/2 slice)
Jam or jelly (1 tsp)

Midmorning Snack

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

Lunch

Whole milk (1/2 cup)
Beef patty (1 ½ oz)
Whole-wheat bread (1 slice)
Broccoli (2 tbsp)
Margarine (1 tsp)
Canned peaches (1/4 cup)

Midafternoon Snack

Fruit yogurt (1/2 cup)

Dinner

Whole milk (1/2 cup)
Finely chopped chicken (1 ½ oz)
Dinner roll (1/2)
Cooked carrots (2 tbsp)
Margarine (1 tsp)
Mashed potatoes (2 tbsp)

Evening Snack

Applesauce (1/4 cup)
Graham crackers (2)