

# Toddler/Preschooler Meal Plan - Week 1

	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY	<ul style="list-style-type: none"> <li><b>Oatmeal:</b> ¼ - ½ cup (cooked in milk) Stir in 1 tsp sugar and a dash of cinnamon</li> <li><b>Banana:</b> ½ - ½, fresh</li> <li><b>Milk:</b> 4 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>100% Whole Wheat Pita:</b> ½ Filled with 2-3 tsp cream cheese, a dash of dill or oregano, sliced cucumber and tomato</li> <li><b>Seedless Grapes:</b> 10-15 sliced</li> <li><b>Milk:</b> 4 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Roasted Chicken:</b> 1-2 oz</li> <li><b>Baked Sweet Potato:</b> ¼ - ½ with ½-1 tsp butter</li> <li><b>Whole Wheat Dinner Roll:</b> ½ -1 small, serve with ½ -1 tsp butter</li> <li><b>Cranberry Sauce:</b> ¼ cup</li> <li><b>Milk:</b> 4 oz</li> </ul>	<p><b>Afternoon:</b></p> <ul style="list-style-type: none"> <li><b>Yogurt:</b> 4 oz</li> </ul> <p><b>Evening:</b></p> <ul style="list-style-type: none"> <li><b>Vanilla Wafers:</b> 4-6</li> <li><b>Milk:</b> 4 oz</li> </ul>
MONDAY	<ul style="list-style-type: none"> <li><b>Cottage Cheese:</b> ¼ - ½ cup</li> <li><b>Peaches:</b> ¼ - ½ cup, canned</li> <li><b>Cheerios (Dry):</b> ¼ - ½ cup</li> <li><b>Milk:</b> 4 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Peanut Butter Sandwich:</b> ½ - 1 slice 100% whole wheat bread, 1-2 tsp peanut butter, 1 tsp honey or jam</li> <li><b>Pear:</b> ¼ - ½, fresh (skin on)</li> <li><b>Baby Carrots:</b> ¼ cup lightly steamed and sliced lengthwise</li> <li><b>Milk:</b> 4 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Tacos:</b> ½ -1, corn tortilla, 1-2 oz browned turkey or beef with taco seasoning, 1 oz shredded cheese, 1 Tbsp diced tomatoes, 1 Tbsp diced avocado, 1 tsp sour cream</li> <li><b>Applesauce:</b> ½ cup</li> <li><b>Milk:</b> 4 oz</li> </ul>	<p><b>Afternoon:</b></p> <ul style="list-style-type: none"> <li><b>Banana Chips:</b> ¼ cup</li> </ul> <p><b>Evening:</b></p> <ul style="list-style-type: none"> <li><b>Brownie:</b> 1 small</li> <li><b>Milk:</b> 4 oz</li> </ul>
TUESDAY	<ul style="list-style-type: none"> <li><b>Frosted Mini-Wheats Cereal:</b> ¼ - ½ cup, served in 1-2 oz milk</li> <li><b>Blueberries:</b> ¼ - ½ cup, fresh</li> <li><b>Milk:</b> 4 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Tuna Salad:</b> 2 - 4 Tbsp</li> <li><b>Whole Wheat Crackers:</b> 4 - 6</li> <li><b>Tomato:</b> ¼ sliced</li> <li><b>Apple:</b> ¼ - ½, fresh, sliced thin (skin on)</li> <li><b>Milk:</b> 4 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Braised Pork or Lamb Chop:</b> 1-2 oz</li> <li><b>Mashed Potatoes:</b> ¼ - ½ cup</li> <li><b>Broccoli:</b> ¼ - ½ cup steamed</li> <li><b>Fruit Cocktail:</b> ¼ - ½ cup canned</li> <li><b>Milk:</b> 4 oz</li> </ul>	<p><b>Afternoon:</b></p> <ul style="list-style-type: none"> <li><b>Animal Crackers:</b> ¼ - ½ cup</li> <li><b>Milk:</b> 4 oz</li> </ul> <p><b>Evening:</b></p> <ul style="list-style-type: none"> <li><b>100% Fruit Juice Popsicle</b></li> </ul>
WEDNESDAY	<ul style="list-style-type: none"> <li><b>100% Whole Wheat Toast:</b> ½ -1 slice, serve with 1 tsp butter and 1-2 tsp peanut butter</li> <li><b>Strawberries:</b> ¼ - ½ cup sliced, fresh</li> <li><b>Milk:</b> 4 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Soup:</b> ½ -1 cup, a hearty type such as minestrone, black bean, chili, or chicken vegetable with pasta</li> <li><b>Bread/Baguette:</b> whole wheat, ½ -1 slice to dip in soup</li> <li><b>Watermelon:</b> ½ cup cubed</li> <li><b>Milk:</b> 4 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Whole Wheat Pasta:</b> ½ -1 cup cooked pasta with 1-2 Tbsp tomato sauce and 1 oz cooked ground meat or meatball</li> <li><b>Garlic Bread:</b> 1 slice</li> <li><b>"Toddler Salad":</b> salad without lettuce - 1 Tbsp diced cucumber, 1 Tbsp diced tomato, 1 tsp shredded cheese, a drizzle of dressing and a couple of croutons to garnish</li> </ul>	<p><b>Afternoon:</b></p> <ul style="list-style-type: none"> <li><b>String Cheese:</b> 1</li> </ul> <p><b>Evening:</b></p> <ul style="list-style-type: none"> <li><b>Oatmeal Cookie:</b> 1</li> <li><b>Milk:</b> 4 oz</li> </ul>
THURSDAY	<ul style="list-style-type: none"> <li><b>100% Whole Wheat Mini Bagel:</b> 1, serve with 1-2 tsp cream cheese or peanut butter</li> <li><b>Grapefruit:</b> ½ fresh, sections removed and cut, serve with ½ tsp sugar on top</li> <li><b>Milk:</b> 4 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Pasta Salad:</b> ½ cup</li> <li><b>Kiwi:</b> ½ - 1 whole, skinned and sliced</li> <li><b>Milk:</b> 4 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Beef Stew:</b> ½ cup, slow-cooked beef with potatoes and carrots in gravy (See Recipe Page)</li> <li><b>Spinach:</b> ¼ - ½ cup steamed</li> <li><b>Canned Plums/Prunes:</b> ¼ - ½ cup (without pits)</li> <li><b>Milk:</b> 4 oz</li> </ul>	<p><b>Afternoon:</b></p> <ul style="list-style-type: none"> <li><b>Pudding Cup:</b> 4 oz</li> </ul> <p><b>Evening:</b></p> <ul style="list-style-type: none"> <li><b>Graham Cracker Squares:</b> 2-4</li> <li><b>Milk:</b> 4 oz</li> </ul>
FRIDAY	<ul style="list-style-type: none"> <li><b>100% Whole Wheat English Muffin:</b> ½, serve with 1 tsp butter and jam</li> <li><b>Egg:</b> 1 (hard-boiled or scrambled)</li> <li><b>Melon:</b> ¼ - ½ cup, diced</li> <li><b>Milk:</b> 4 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Tortilla Wrap:</b> ½ - 1 whole wheat tortilla, 1 slice cheese, 1 slice ham or turkey, 1-2 tsp mayo or Ranch dressing, tomato - roll up tightly and use a dab of cream cheese to glue shut</li> <li><b>Orange:</b> ¼ - ½, fresh, sliced into small bites</li> <li><b>Milk:</b> 4 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Grilled Wild Salmon:</b> 1-2 oz baked or grilled</li> <li><b>Wild Rice:</b> ¼ - ½ cup</li> <li><b>Green Beans:</b> ¼ - ½ cup steamed</li> <li><b>Pineapple:</b> ¼ - ½ cup fresh or canned</li> <li><b>Milk:</b> 4 oz</li> </ul>	<p><b>Afternoon:</b></p> <ul style="list-style-type: none"> <li><b>Baked Corn Chips:</b> Serve with 2 tsp guacamole</li> </ul> <p><b>Evening:</b></p> <ul style="list-style-type: none"> <li><b>Ice Cream:</b> 1 scoop</li> </ul>
SATURDAY	<ul style="list-style-type: none"> <li><b>Whole Wheat Buttermilk Pancakes:</b> 1-2, ¼ - ½ cup vanilla and ¼ cup fresh berries on top</li> <li><b>Milk:</b> 4 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Pita and Hummus:</b> ½ - 1 pita Serve fresh pita with 1-2 Tbsp hummus</li> <li><b>Green Pepper:</b> fresh, ¼ pepper cut into strips serve with Ranch dressing for dipping</li> <li><b>Mango:</b> fresh, ¼ - ½ cup diced</li> <li><b>Milk:</b> 4 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Pizza, Homemade:</b> 1-2 slices (2-3" squares) with sauce, cheese, meat and veggie</li> <li><b>Mandarin Oranges:</b> ¼ - ½ cup canned</li> <li><b>Milk:</b> 4 oz</li> </ul>	<p><b>Afternoon:</b></p> <ul style="list-style-type: none"> <li><b>Dry Cereal:</b> ¼ - ½ cup dry cereal</li> <li><b>Milk:</b> 4 oz</li> </ul> <p><b>Evening:</b></p> <ul style="list-style-type: none"> <li><b>Freeze-Dried Apple:</b> ½ cup</li> </ul>