|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | TuesdaySAMPLE MENU FOR 1-3 YEARS OLD, WEEK ONE | Wednesday | Thursday | Friday |
| **Breakfast** | **Breakfast** | **Breakfast** | **Breakfast** | **Breakfast** |
| 6 oz milk | 6 oz milk | 6 oz milk | 6 oz milk | 6 oz milk |
| 1 diced egg | 1/2 cup mix of apple, | Whole grain muffin | 1 diced egg | 1 whole grain waffle |
| 1 cup whole grain | banana, orange | 1/2 c peach, mango, | 1 slice raisin bread | 1/2 c mixed  |
| cereal with 1/2 cup | 1/2 c oatmeal | pineapple | 1/2 c honeydew,  | berries |
| 1/2 c berries |   |   | cantaloupe, watermelon |   |
|   |   |   |   |   |
|   |   |   |   |   |
| **Lunch** | **Lunch** | **Lunch** | **Lunch** | **Lunch** |
| 6 oz milk | 6 oz milk | 6 oz milk | 6 oz milk | 6 oz milk |
| 3 oz grilled fish | 3 oz turkey triangles | 3 oz grilled chicken bits | 1/2 c 3-bean salad | PB&J |
| 1/2 noodles | with cheese | 1/2 c smashed potato | 1/2 c spinach | 1/2 c carrots and  |
| 1/2 c zucchini & | 1/2 tomato and | 1/2 c green beans |   | peas |
| squash | cucumber |   |   |   |
|   |   |   |   |   |
|   |   |   |   |   |

SUGGESTIONS FOR DINNER AT HOME TO COMPLETE HIS/HER REQUIRED NEEDS

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4-12 more oz of milk | 4-12 more oz of milk | 4-12 more oz of milk | 4-12 more oz of milk | 4-12 more oz of milk |
| 1-3 more grains | 1-3 more grains | 2-4 more grains | 2-4 more grains | 0-2 more grains |
| 1 more fruit | 1 more fruit | 1 more fruit | 1 more fruit | 1 more fruit |
| 1 more veg | 1 more veg |   |   | 1 more veg |
|   |   |   |   |   |