

Meal and Snack Pattern A

These patterns show one way a **1000 calorie Daily Food Plan** can be divided into meals and snacks for a preschooler. Sample food choices are shown for each meal or snack.



Notes for using the Meal and Snack Ideas.

Breakfast	Breakfast Ideas		
1 ounce Grains ½ cup Fruit ½ cup Dairy*	Cereal and Banana <i>1 cup crispy rice cereal</i> <i>½ cup sliced banana</i> ½ cup milk*	Yogurt and Strawberries <i>½ cup plain yogurt*</i> <i>4 sliced strawberries</i> 1 slice whole wheat toast	Applesauce Topped Pancake <i>1 small pancake</i> <i>¼ cup applesauce</i> ¼ cup blueberries ½ cup milk*

Morning Snack	Morning Snack Ideas		
½ ounce Grains ½ cup Fruit	½ slice cinnamon bread ½ large orange	½ cup toasted oat cereal ½ cup diced pineapple	Frozen Graham Cracker Sandwich <i>1 graham cracker (2 squares)</i> <i>¼ cup mashed banana</i> ¼ cup apple juice

Lunch	Lunch Ideas		
1 ounce Grains ¼ cup Vegetables ½ cup Dairy* 1 ounce Protein Foods	Open-faced Chicken Sandwich and Salad <i>1 slice whole wheat bread</i> <i>1 slice American cheese*</i> <i>1 ounce sliced chicken</i> ¼ cup baby spinach (raw) 2 Tbsp grated carrots	Soft Taco (meat or veggie) <i>1 small tortilla</i> <i>¼ cup salad greens</i> <i>2 Tbsp chopped tomatoes</i> <i>3 Tbsp shredded cheese*</i> <i>1 ounce cooked ground beef</i> <i>or ¼ cup refried beans</i>	Bagel Snake <i>1 mini whole grain bagel</i> <i>¼ cup sliced cherry tomatoes</i> <i>¼ cup diced celery</i> <i>1 ounce tuna</i> ½ cup milk*

Afternoon Snack	Afternoon Snack Ideas		
¼ cup Vegetables ½ cup Dairy*	¼ cup sugar snap peas ½ cup yogurt*	¼ cup carrot "matchsticks" ½ cup milk*	¼ cup tomato juice 1 string cheese*

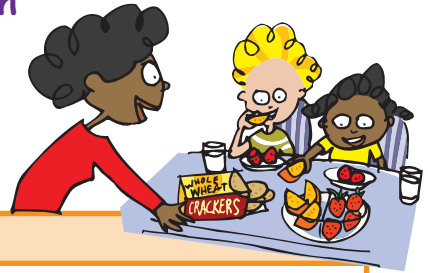
Dinner	Dinner Ideas		
½ ounce Grains ½ cup Vegetables ½ cup Dairy* 1 ounce Protein Foods	Chicken & Potatoes <i>1 ounce chicken breast</i> <i>¼ cup mashed potato</i> ¼ cup green peas ½ small whole wheat roll ½ cup milk*	Spaghetti & Meatballs <i>¼ cup cooked pasta</i> <i>2 Tbsp tomato sauce</i> <i>1 meatball (1 ounce)</i> ½ medium ear corn on the cob ½ cup milk*	Rice & Beans <i>¼ cup cooked brown rice</i> <i>¼ cup black beans</i> <i>¼ cup bell pepper</i> ¼ cup broccoli ½ cup milk*

*Offer your child fat-free or low-fat [milk, yogurt, and cheese](#).



Meal and Snack Pattern B

These patterns show one way a **1000 calorie Daily Food Plan** can be divided into meals and snacks for a preschooler. Sample food choices are shown for each meal or snack.



Notes for using the Meal and Snack Ideas.

Breakfast	Breakfast Ideas		
1 ounce Grains ½ cup Dairy* 1 ounce Protein Foods	Peanut-ty Toast <i>1 slice whole wheat toast</i> <i>1 Tbsp peanut butter</i> ½ cup milk*	Oatmeal made with Milk <i>½ cup cooked oatmeal</i> <i>(¼ cup dry) made with</i> ½ cup milk* 1 scrambled egg	Yogurt Parfait <i>½ cup low-fat granola</i> ½ cup yogurt* ½ ounce finely chopped nuts

Morning Snack	Morning Snack Ideas		
½ cup Fruit ½ cup Dairy*	½ small apple 1 string cheese*	Fruit Smoothie <i>½ cup frozen berries</i> ¼ cup milk* ¼ cup yogurt*	Pear n' Puddin' <i>½ medium pearn</i> ½ cup pudding (made with ½ cup milk*)

Lunch	Lunch Ideas		
1 ounce Grains ¼ cup Vegetables ½ cup Dairy*	Veggie Pita Pocket <i>½ medium whole wheat pita</i> <i>2 Tbsp romaine lettuce</i> <i>2 Tbsp mashed avocado</i> <i>1 Tbsp mashed kidney beans</i> ½ cup milk*	English Muffin Pizza <i>½ whole wheat English muffin</i> <i>2 Tbsp tomato sauce</i> <i>2 Tbsp mixed veggies</i> <i>1½ Tbsp shredded cheese*</i> ¼ cup yogurt	Grilled Cheese Sandwich and Salad <i>1 slice whole wheat bread</i> <i>1 slice cheese*</i> ¼ cup salad greens or lettuce 2 Tbsp chopped tomato

Afternoon Snack	Afternoon Snack Ideas		
¼ cup Vegetables ½ cup Fruit	¼ cup garbanzo beans ½ cup applesauce	¼ cup oven-baked sweet potato "fries" ½ cup 100% fruit juice	¼ cup celery "matchsticks" ¼ cup raisins or mixed dried fruit

Dinner	Dinner Ideas		
1 ounce Grains ½ cup Vegetables ½ cup Dairy* 1 ounce Protein Foods	Go Fish! <i>1 ounce salmon filet</i> <i>¼ cup onion</i> <i>¼ cup cooked spinach</i> ½ cup egg noodles ½ cup milk*	Asian Stir-Fry on Rice <i>½ cup vegetables (broccoli,</i> <i>mushrooms, bell pepper)</i> <i>1 ounce chicken breast</i> <i>½ cup cooked brown rice</i> ½ cup milk*	Roast Beef with Baked Potato <i>1 ounce roast beef</i> <i>¼ cup baked potato</i> ¼ cup green beans 1 small slice French bread ½ cup milk*

*Offer your child fat-free or low-fat [milk, yogurt, and cheese](#).

