

Meal and Snack Pattern A

These patterns show one way a **1200 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		
1 ounce Grains ½ cup Fruit	1 slice cinnamon bread ½ large orange	1 cup toasted oat cereal ½ cup diced pineapple	Frozen Graham Cracker Sandwich <i>2 graham crackers (4 squares)</i> <i>½ cup mashed banana</i>

Lunch	Lunch Ideas		
1 ounce Grains ½ 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> ½ cup baby spinach (raw) ¼ cup grated carrots	Soft Taco (meat or veggie) <i>1 small tortilla</i> <i>½ cup salad greens</i> <i>¼ cup 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		
½ cup Vegetables ½ cup Dairy*	½ cup sugar snap peas ½ cup yogurt*	½ cup veggie "matchsticks" (carrot, celery, zucchini) ½ cup milk*	½ cup tomato juice 1 string cheese*

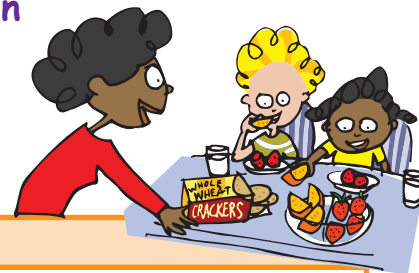
Dinner	Dinner Ideas		
1 ounce Grains ½ cup Vegetables 1 cup Dairy* 2 ounces Protein Foods	Chicken & Potatoes <i>2 ounces chicken breast</i> <i>¼ cup mashed potato</i> ¼ cup green peas 1 small whole wheat roll 1 cup milk*	Spaghetti & Meatballs <i>½ cup cooked pasta</i> <i>¼ cup tomato sauce</i> <i>2 meatballs (2 ounces)</i> ½ small ear corn on the cob 1 cup milk*	Rice & Beans with Sausage <i>½ cup cooked brown rice</i> <i>¼ cup black beans</i> <i>¼ cup bell pepper</i> <i>1 ounce turkey sausage</i> ¼ cup broccoli 1 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 **1200 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 1 Tbsp peanut butter ½ cup milk*</i>	Oatmeal made with Milk <i>½ cup cooked oatmeal (¼ cup dry) made with ½ cup milk* 1 scrambled egg</i>	Yogurt Parfait <i>½ cup low-fat granola ½ cup yogurt* ½ ounce finely chopped nuts</i>

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

Lunch	Lunch Ideas		
2 ounces Grains ½ cup Vegetables ½ cup Dairy*	Veggie Pita Pocket <i>1 medium whole wheat pita ¼ cup romaine lettuce ¼ cup mashed avocado 2 Tbsp mashed kidney beans ½ cup milk*</i>	English Muffin Pizza <i>1 whole wheat English muffin ¼ cup tomato sauce ¼ cup mixed veggies 3 Tbsp shredded cheese*</i>	Grilled Cheese Sandwich and Salad <i>1 slice whole wheat bread 1 slice cheese* ½ cup salad greens or lettuce ¼ cup chopped tomato</i>

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

Dinner	Dinner Ideas		
1 ounce Grains ½ cup Vegetables 1 cup Dairy* 2 ounces Protein Foods	Go Fish! <i>2 ounces salmon filet ¼ cup onion ¼ cup cooked spinach ½ cup egg noodles 1 cup milk*</i>	Asian Stir-Fry on Rice <i>½ cup vegetables (broccoli, mushrooms, bell pepper) 2 ounces chicken breast ½ cup cooked brown rice 1 cup milk*</i>	Roast Beef with Baked Potato <i>2 ounces roast beef ¼ cup baked potato ¼ cup green beans 1 small slice French bread 1 cup milk*</i>

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

