

# Meal and Snack Pattern A

These patterns show one way a **1600 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 ounce Protein Foods	Egg Sandwich <i>1 slice bread</i> <i>1 hard cooked egg</i> ½ large orange	Homemade Trail Mix <i>1 cup toasted oat cereal</i> <i>½ ounce chopped nuts</i> <i>¼ cup dried fruit</i>	<a href="#">Frozen Graham Cracker Sandwich</a> <i>2 graham crackers (4 squares)</i> <i>½ cup mashed banana</i> <i>1 Tbsp peanut butter</i>

Lunch	Lunch Ideas		
1 ounce Grains ½ cup Vegetables ½ cup Fruit 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 1 small <a href="#">Frozen Banana</a>	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> ½ cup 100% fruit juice	<a href="#">Bagel Snake</a> <i>1 mini whole grain bagel</i> <i>¼ cup sliced tomatoes</i> <i>¼ cup chopped celery</i> <i>1 ounce tuna</i> ½ cup milk* ½ cup diced cantaloupe

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*

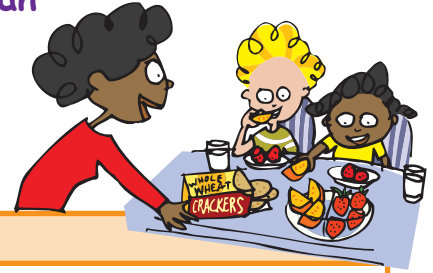
Dinner	Dinner Ideas		
2 ounces Grains 1 cup Vegetables 1 cup Dairy* 3 ounces Protein Foods	Chicken and potatoes <i>3 ounces chicken breast</i> <i>½ cup mashed potato</i> ½ cup green peas 2 small whole wheat rolls 1 cup milk*	Spaghetti and Meatballs <i>1 cup cooked pasta</i> <i>½ cup tomato sauce</i> <i>3 meatballs (3 ounces)</i> 1 small ear corn on the cob 1 cup milk*	Rice and Beans with Sausage <i>½ cup cooked brown rice</i> <i>¼ cup black beans</i> <i>¼ cup cooked bell pepper</i> <i>2 ounces turkey sausage</i> ¾ cup broccoli 1 small corn muffin 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 **1600 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	<b>Peanut-ty Toast</b> <i>1 slice whole wheat toast</i> <i>1 Tbsp peanut butter</i> ½ cup milk*	<b>Oatmeal made with Milk</b> <i>½ cup cooked oatmeal (¼ cup dry)</i> <i>made with ½ cup milk*</i> 1 scrambled egg	<b>Yogurt Parfait</b> <i>½ cup low-fat granola</i> <i>½ cup yogurt*</i> <i>½ ounce finely chopped nuts</i>

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

Lunch	Lunch Ideas		
2 ounces Grains ½ cup Vegetables ½ cup Fruit ½ cup Dairy*	<b>Veggie Pita Pocket</b> <i>1 medium whole wheat pita</i> <i>½ cup romaine lettuce</i> <i>¼ cup mashed avocado</i> <i>2 Tbsp mashed kidney beans</i> ½ cup diced cantaloupe ½ cup milk*	<b>English Muffin Pizza</b> <i>1 whole wheat English muffin</i> <i>¼ cup tomato sauce</i> <i>¼ cup mixed veggies</i> <i>3 Tbsp shredded cheese*</i> ½ cup 100% fruit juice	<b>Grilled Cheese Sandwich and Salad</b> <i>1 slice whole wheat bread</i> <i>1 slice cheese*</i> ½ cup salad greens or lettuce ¼ cup chopped tomato ½ cup Mandarin oranges

Afternoon Snack	Afternoon Snack Ideas		
½ cup Vegetables ½ cup Fruit 1 ounce Protein Foods	<b>Veggie sticks with hummus</b> <i>½ cup zucchini or</i> <i>carrot "matchsticks"</i> <i>¼ cup hummus</i> ½ cup applesauce	½ cup oven-baked sweet potato "fries" ¼ cup edamame (green soybeans) ½ cup 100% fruit juice	<b>Ants on a Log</b> <i>½ cup celery sticks spread with</i> <i>1 Tbsp peanut butter</i> <i>¼ cup raisins or mixed dried fruit</i>

Dinner	Dinner Ideas		
2 ounces Grains 1 cup Vegetables 1 cup Dairy* 3 ounces Protein Foods	<b>Go Fish!</b> <i>3 ounces salmon filet</i> <i>½ cup onion</i> <i>½ cup cooked spinach</i> 1 cup egg noodles 1 cup milk*	<b>Asian Stir-Fry on Rice</b> <i>1 cup vegetables (broccoli,</i> <i>mushrooms, bell pepper)</i> <i>3 ounces chicken breast</i> <i>1 cup cooked brown rice</i> 1 cup milk*	<b>Roast Beef with Baked Potato</b> <i>3 ounces roast beef</i> <i>½ cup baked potato</i> ½ cup green beans 2 small slices French bread 1 cup milk*

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

