

# Meal and Snack Pattern A

These patterns show one way a **1400 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<br>½ cup Fruit<br>½ cup Dairy* | Cereal and Banana<br><i>1 cup crispy rice cereal</i><br><i>½ cup sliced banana</i><br>½ cup milk* | Yogurt and Strawberries<br><i>½ cup plain yogurt*</i><br><i>4 sliced strawberries</i><br>1 slice whole wheat toast | Applesauce Topped Pancake<br><i>1 small pancake</i><br><i>¼ cup applesauce</i><br>¼ cup blueberries<br>½ cup milk* |

| Morning Snack  | Morning Snack Ideas  |  |   |
|--|--|--|---|
| 1 ounce Grains<br>½ cup Fruit<br>1 ounce Protein Foods | Egg Sandwich<br><i>1 slice bread</i><br><i>1 hard cooked egg</i><br>½ large orange | Homemade Trail Mix<br><i>1 cup toasted oat cereal</i><br><i>½ ounce chopped nuts</i><br><i>¼ cup dried fruit</i> | <a href="#">Frozen Graham Cracker Sandwich</a><br><i>2 graham crackers (4 squares)</i><br><i>½ cup mashed banana</i><br><i>1 Tbsp peanut butter</i> |

| Lunch  | Lunch Ideas  |   |   |
|--|--|---|---|
| 1 ounce Grains<br>½ cup Vegetables<br>½ cup Fruit<br>½ cup Dairy*<br>1 ounce Protein Foods | Open-faced Chicken Sandwich and Salad<br><i>1 slice whole wheat bread</i><br><i>1 slice American cheese*</i><br><i>1 ounce sliced chicken</i><br>½ cup baby spinach (raw)<br>¼ cup grated carrots<br>1 small <a href="#">Frozen Banana</a> | Soft Taco (meat or veggie)<br><i>1 small tortilla</i><br><i>½ cup salad greens</i><br><i>¼ cup chopped tomatoes</i><br><i>3 Tbsp shredded cheese*</i><br><i>1 ounce cooked ground beef</i><br><i>or ¼ cup refried beans</i><br>½ cup 100% fruit juice | <a href="#">Bagel Snake</a><br><i>1 mini whole grain bagel</i><br><i>¼ cup sliced tomatoes</i><br><i>¼ cup chopped celery</i><br><i>1 ounce tuna</i><br>½ cup milk*<br>½ cup diced cantaloupe |

| Afternoon Snack                  | Afternoon Snack Ideas                  |  |  |
|----------------------------------|--|--|--|
| ½ cup Vegetables<br>½ cup Dairy* | ½ cup sugar snap peas<br>½ cup yogurt* | ½ cup veggie "matchsticks" (carrot, celery, zucchini)<br>½ cup milk* | ½ cup tomato juice<br>1 string cheese* |

| Dinner  | Dinner Ideas   |   |   |
|---|--|---|---|
| 2 ounces Grains<br>½ cup Vegetables<br>1 cup Dairy*<br>2 ounces Protein Foods | Chicken & Potatoes<br><i>2 ounces chicken breast</i><br><i>¼ cup mashed potato</i><br>¼ cup green peas<br>2 small whole wheat rolls<br>1 cup milk* | Spaghetti & Meatballs<br><i>1 cup cooked pasta</i><br><i>½ cup tomato sauce</i><br><i>2 meatballs (2 ounces)</i><br>1 cup milk* | Rice & Beans with Sausage<br><i>½ cup cooked brown rice</i><br><i>¼ cup black beans</i><br><i>¼ cup cooked bell pepper</i><br><i>1 ounce turkey sausage</i><br>¼ cup broccoli<br>1 small corn muffin<br>1 cup milk* |

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

