

SAMPLE MEAL PLAN FOR 3 YEAR OLDS

Breakfast	1 cup of ready-to-eat cereal, ½ banana, ½ c. 1% low fat milk	1 oz. whole grains ½ c. fruit ½ c. dairy
Snack	½ c. strawberries, ½ c. nonfat yogurt	½ c. fruit ½ c. dairy
Lunch	½ c. of cooked white rice, 1 oz. sautéed chicken breast, ½ c. of broccoli	1 oz. grains 1 oz. meat ½ c. vegetables
Snack	¼ c. carrot sticks, 1 oz. cheese	¼ c. vegetables ½ c. dairy
Dinner	1 oz. meatloaf, ½ c. sautéed green beans with olive oil, ½ c. of cooked brown rice, ½ c. orange	1 oz. whole grains 1 oz. meat ½ c. vegetables ½ c. fruit
Snack	5 mini multigrain crackers, ½ c. 1% low fat milk	1 oz. whole grains ½ c. dairy