

SAMPLE MEAL PLAN FOR 5 YEAR OLDS

Breakfast	2 slices of whole wheat bread, 1 Tbsp. peanut butter , ½ banana, ½ c. fat free milk	2 oz. whole grains 1 oz. nut/meat ½ c. fruit ½ c. dairy
Snack	½ c. strawberries, 1 c. nonfat yogurt	½ c. fruit 1 c. dairy
Lunch	½ c. of cooked white rice, 2 oz. sautéed chicken breast , ½ c. of broccoli	1 oz. grains 2 oz. meat ½ c. vegetables
Snack	½c. carrot sticks, 1 oz. cheese	½c. 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. fat free milk	1 oz. grains ½ c. dairy