

Meal and Snack Pattern A

These patterns show one way a **1000 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		
½ ounce Grains ½ cup Fruit	½ slice cinnamon bread ½ large orange	½ cup toasted oat cereal ½ cup diced pineapple	Frozen Graham Cracker Sandwich <i>1 graham cracker (2 squares)</i> <i>¼ cup mashed banana</i> ¼ cup apple juice

Lunch	Lunch Ideas		
1 ounce Grains ¼ 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> ¼ cup baby spinach (raw) 2 Tbsp grated carrots	Soft Taco (meat or veggie) <i>1 small tortilla</i> <i>¼ cup salad greens</i> <i>2 Tbsp chopped tomatoes</i> <i>3 Tbsp shredded cheese*</i> <i>1 ounce cooked ground beef</i> or <i>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		
¼ cup Vegetables ½ cup Dairy*	¼ cup sugar snap peas ½ cup yogurt*	¼ cup carrot "matchsticks" ½ cup milk*	¼ cup tomato juice 1 string cheese*

Dinner	Dinner Ideas		
½ ounce Grains ½ cup Vegetables ½ cup Dairy* 1 ounce Protein Foods	Chicken & Potatoes <i>1 ounce chicken breast</i> <i>¼ cup mashed potato</i> ¼ cup green peas ½ small whole wheat roll ½ cup milk*	Spaghetti & Meatballs <i>¼ cup cooked pasta</i> <i>2 Tbsp tomato sauce</i> <i>1 meatball (1 ounce)</i> ½ medium ear corn on the cob ½ cup milk*	Rice & Beans <i>¼ cup cooked brown rice</i> <i>¼ cup black beans</i> <i>¼ cup bell pepper</i> ¼ cup broccoli ½ cup milk*

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

