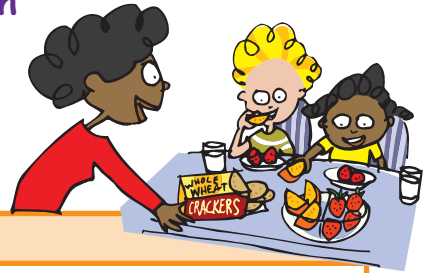


# Meal and Snack Pattern B

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 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</i> <i>(¼ cup dry) made with</i> ½ cup milk* 1 scrambled egg	<b>Yogurt Parfait</b> <i>½ cup low-fat granola</i> ½ cup yogurt* ½ ounce finely chopped nuts

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> ¼ cup milk* ¼ cup yogurt*	<b>Pear n' Puddin'</b> <i>½ medium pearn</i> ½ cup pudding (made with ½ cup milk*)

Lunch	Lunch Ideas		
1 ounce Grains ¼ cup Vegetables ½ cup Dairy*	<b>Veggie Pita Pocket</b> <i>½ medium whole wheat pita</i> <i>2 Tbsp romaine lettuce</i> <i>2 Tbsp mashed avocado</i> <i>1 Tbsp mashed kidney beans</i> ½ cup milk*	<b>English Muffin Pizza</b> <i>½ whole wheat English muffin</i> <i>2 Tbsp tomato sauce</i> <i>2 Tbsp mixed veggies</i> <i>1½ Tbsp shredded cheese*</i> ¼ cup yogurt	<b>Grilled Cheese Sandwich and Salad</b> <i>1 slice whole wheat bread</i> <i>1 slice cheese*</i> ¼ cup salad greens or lettuce 2 Tbsp chopped tomato

Afternoon Snack	Afternoon Snack Ideas		
¼ cup Vegetables ½ cup Fruit	¼ cup garbanzo beans ½ cup applesauce	¼ cup oven-baked sweet potato "fries" ½ cup 100% fruit juice	¼ cup celery "matchsticks" ¼ cup raisins or mixed dried fruit

Dinner	Dinner Ideas		
1 ounce Grains ½ cup Vegetables ½ cup Dairy* 1 ounce Protein Foods	<b>Go Fish!</b> <i>1 ounce salmon filet</i> <i>¼ cup onion</i> <i>¼ cup cooked spinach</i> ½ cup egg noodles ½ cup milk*	<b>Asian Stir-Fry on Rice</b> <i>½ cup vegetables (broccoli,</i> <i>mushrooms, bell pepper)</i> <i>1 ounce chicken breast</i> <i>½ cup cooked brown rice</i> ½ cup milk*	<b>Roast Beef with Baked Potato</b> <i>1 ounce roast beef</i> <i>¼ cup baked potato</i> ¼ cup green beans 1 small slice French bread ½ cup milk*

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

