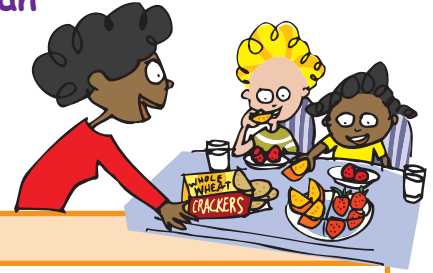


# Meal and Snack Pattern B

These patterns show one way a **1600 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 (¼ cup dry)</i> <i>made with ½ cup milk*</i> 1 scrambled egg	<b>Yogurt Parfait</b> <i>½ cup low-fat granola</i> <i>½ cup yogurt*</i> <i>½ ounce finely chopped nuts</i>

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> <i>¼ cup milk*</i> <i>¼ cup yogurt*</i>	<b>Pear n' Puddin'</b> <i>1 medium pear</i> <i>½ cup pudding (made with</i> <i>½ cup milk*)</i>

Lunch	Lunch Ideas		
2 ounces Grains ½ cup Vegetables ½ cup Fruit ½ cup Dairy*	<b>Veggie Pita Pocket</b> <i>1 medium whole wheat pita</i> <i>½ cup romaine lettuce</i> <i>¼ cup mashed avocado</i> <i>2 Tbsp mashed kidney beans</i> ½ cup diced cantaloupe ½ cup milk*	<b>English Muffin Pizza</b> <i>1 whole wheat English muffin</i> <i>¼ cup tomato sauce</i> <i>¼ cup mixed veggies</i> <i>3 Tbsp shredded cheese*</i> ½ cup 100% fruit juice	<b>Grilled Cheese Sandwich and Salad</b> <i>1 slice whole wheat bread</i> <i>1 slice cheese*</i> ½ cup salad greens or lettuce ¼ cup chopped tomato ½ cup Mandarin oranges

Afternoon Snack	Afternoon Snack Ideas		
½ cup Vegetables ½ cup Fruit 1 ounce Protein Foods	<b>Veggie sticks with hummus</b> <i>½ cup zucchini or</i> <i>carrot "matchsticks"</i> <i>¼ cup hummus</i> ½ cup applesauce	½ cup oven-baked sweet potato "fries" ¼ cup edamame (green soybeans) ½ cup 100% fruit juice	<b>Ants on a Log</b> <i>½ cup celery sticks spread with</i> <i>1 Tbsp peanut butter</i> <i>¼ cup raisins or mixed dried fruit</i>

Dinner	Dinner Ideas		
2 ounces Grains 1 cup Vegetables 1 cup Dairy* 3 ounces Protein Foods	<b>Go Fish!</b> <i>3 ounces salmon filet</i> <i>½ cup onion</i> <i>½ cup cooked spinach</i> 1 cup egg noodles 1 cup milk*	<b>Asian Stir-Fry on Rice</b> <i>1 cup vegetables (broccoli,</i> <i>mushrooms, bell pepper)</i> <i>3 ounces chicken breast</i> <i>1 cup cooked brown rice</i> 1 cup milk*	<b>Roast Beef with Baked Potato</b> <i>3 ounces roast beef</i> <i>½ cup baked potato</i> ½ cup green beans 2 small slices French bread 1 cup milk*

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

