

Toddler Menu Sample for 1 - 2 Years of Age

WEEK OF: _____

	MEAL PATTERN	MONDAY Date	TUESDAY Date	WEDNESDAY Date	THURSDAY Date	FRIDAY Date
BREAKFAST	FLUID MILK	½ cup	½ cup	½ cup	½ cup	½ cup
	JUICE OR FRUIT OR VEGETABLE	¼ cup	¼ cup	¼ cup	¼ cup	¼ cup
	BREAD OR BREAD ALTERNATE	½ slice of bread ½ serving of any roll, muffin, bagel... ¼ cup of cereal (cold or cooked)	½ slice of bread ½ serving of any roll, muffin, bagel... ¼ cup of cereal (cold or cooked)	½ slice of bread ½ serving of any roll, muffin, bagel... ¼ cup of cereal (cold or cooked)	½ slice of bread ½ serving of any roll, muffin, bagel... ¼ cup of cereal (cold or cooked)	½ slice of bread ½ serving of any roll, muffin, bagel... ¼ cup of cereal (cold or cooked)
	OTHER (OPTIONAL)					
LUNCH	FLUID MILK	½ cup	½ cup	½ cup	½ cup	½ cup
	MEAT OR MEAT ALTERNATE	1 ounce	1 ounce	1 ounce	1 ounce	1 ounce
	VEGETABLE OR FRUIT	1/3 ounce	1/3 ounce	1/3 ounce	1/3 ounce	1/3 ounce
	VEGETABLE OR FRUIT	1/3 ounce	1/3 ounce	1/3 ounce	1/3 ounce	1/3 ounce
	BREAD OR BREAD ALTERNATE	¼ cup	¼ cup	¼ cup	¼ cup	¼ cup
SNACK	FLUID MILK	½ cup	½ cup	½ cup	½ cup	½ cup
	JUICE OR FRUIT OR VEGETABLE	½ cup	½ cup	½ cup	½ cup	½ cup
	MEAT / MEAT ALTERNATE	½ ounce	½ ounce	½ ounce	½ ounce	½ ounce
	BREAD OR BREAD ALTERNATE	½ slice of bread ½ serving of any roll, muffin, bagel...	½ slice of bread ½ serving of any roll, muffin, bagel...	½ slice of bread ½ serving of any roll, muffin, bagel...	½ slice of bread ½ serving of any roll, muffin, bagel...	½ slice of bread ½ serving of any roll, muffin, bagel...