



Sample Meal Plan for 12-23 months

Breakfast

4 oz whole milk
1/8 cup pears
1 egg, scrambled with milk and butter

Snack

4 oz juice
2 Tbs dry cereal

Lunch

4 oz whole milk
1 oz turkey lunchmeat
1/4 cup mashed potatoes
1/4 cup broccoli
1 1/2 tsp tub margarine

Snack

4 oz whole milk yogurt w/ 2 tsp wheat germ

Dinner

4 oz whole milk
1/2 cup whole wheat pasta with 2 oz tomato-based sauce
1/4 cup spinach
1 tsp tub margarine
1/4 cup applesauce

Snack

1/8 cup peaches
2 Tbs dry cereal
2 oz whole milk

- Provides approximately 995 calories (17% protein, 48% carbohydrate, 35% fat). Your child's calorie needs generally range from 770-1040 per day; your dietitian can help provide you this information.
- This diet meets 100% of your child's vitamin and mineral needs.
- In addition, your child will need 4-8 oz water throughout the day to meet fluid needs.