



## Sample Meal Plan for 2-3 months

### Breakfast

4 oz 1-2% milk  
¼ cup pears  
½ cup oatmeal made with milk

### Snack

2 oz juice  
½ cup dry cereal

### Lunch

4 oz 1-2% milk  
¼ cup banana  
½ cup broccoli  
1 ½ tsp tub margarine  
½ cup pasta with 2 oz tomato based sauce + ½ oz ground beef

### Snack

2 oz juice  
2 Tbs hummus  
5 whole grain crackers

### Dinner

4 oz 1-2% milk  
1 slice cheese  
1 ½ oz grilled chicken  
¼ cup mashed potatoes  
¼ cup spinach, 3 cooked baby carrots  
1 ½ tsp tub margarine

### Snack

½ cereal bar  
4 oz water

- Provides approximately 1230 calories (16% protein, 54% carbohydrate, 30% fat). Your child's calorie needs generally range between 1000-1500 per day; your dietitian can help provide you with this information.
- In addition, your child will need 4-8 oz water throughout the day to meet fluid needs.