

Sample Menu For The Two Year Old

What to expect at mealtime

- is growing more slowly, so his or her appetite can be smaller
- uses a spoon well and insists on "doing it myself"
- likes food cut into bite size pieces
- shows his or her independence in food "likes" and "dislikes"
- can sit in a booster seat at the table
- is still messy
- copies others

Servings	Sample Menu
Breakfast <ul style="list-style-type: none"> • 1 Meat & Alternatives • 1 Grain Product 1 Milk Product • 1 Vegetables & Fruit 	<ul style="list-style-type: none"> • 1 egg • ½ - 1 slice toast • 1/3 cup (75 ml) unsweetened juice • 4 - 6 oz (125 - 175 ml) milk
Snack <ul style="list-style-type: none"> • 1 Grain Product • 1 Vegetables & Fruit 	<ul style="list-style-type: none"> • 3 - 5 crackers • ½ - 1 fruit or ¼ - ½ cup (50 - 125 ml) fruit juice
Noon Meal <ul style="list-style-type: none"> • 1 Milk Product and 1 Grain Product • 1 Vegetables & Fruit • 1 Grain Product • 1 Milk Product 	<ul style="list-style-type: none"> • 1/3 - 2/3 cup (75 - 150 ml) macaroni & cheese • ¼ - 1/3 cup (50 - 75 ml) cooked broccoli • 1 oatmeal raisin cookie • 4 oz (125 ml) milk
Snack <ul style="list-style-type: none"> • 1 Grain Product • 1 Milk Product 	<ul style="list-style-type: none"> • 15 - 30 g (about 1/3 - ½ cup, 75 - 125 ml) cereal • 4 oz (125 ml) milk
Supper <ul style="list-style-type: none"> • 1 Meat & Alternatives • 1 Vegetables & Fruit • 1 Grain Product • 1 Milk Product 	<ul style="list-style-type: none"> • 2 - 4 Tbsp (30 - 60 ml) cooked meat, fish, poultry or legumes • ¼ - 1/3 cup (50 - 75 ml) potatoes • ¼ - 1/3 cup (50 - 75 ml) grated raw carrots • 1 apple cinnamon mini muffin or 1 - 2 "social tea" cookies • ¼ - 1/3 cup (50 - 75 ml) yogourt or milk pudding • 4 oz (125 ml) milk

Offer water to drink 4 - 5 times a day (6 - 8 times in hot weather)