

Examples of daily meals and snacks for preschoolers 2 to 5 years old

Breakfast 1	Lunch 1	Dinner 1	Snack 1
Raisin toast with peanut butter, berries, milk	Cheese pizza, carrot sticks, fresh fruit, milk	White meat chicken nuggets, brown rice, green beans, blueberries, milk	Apple slices with peanut butter
Breakfast 2	Lunch 2	Dinner 2	Snack 2
Waffle, ham roll-up, unsweetened applesauce, milk	Turkey and cheese cubes, vegetable soup with oyster crackers, mandarin oranges, milk	Burrito (made with whole wheat tortilla), black or refried beans, shredded cheese, vegetables (such as tomatoes, avocado), salsa, low-fat sour cream, fruit salad, milk	Raw or steamed vegetables with low-fat dip or hummus
Breakfast 3	Lunch 3	Dinner 3	Snack 3
Egg, egg substitute or egg whites scrambled with vegetables and shredded cheese, whole wheat toast, milk	Peanut butter and jelly sandwich, fresh fruit, milk	Spaghetti with turkey meatballs, salad, steamed veggies, slice of garlic bread, milk	Wheat thins, string cheese stick, grapes
Breakfast 4	Lunch 4	Dinner 4	Snack 4
Oatmeal, banana, milk	Macaroni and cheese, steamed broccoli, apple slices, milk	Beef stew (meat, potato, vegetable), dinner roll, orange slices, milk	Milk and graham crackers
Dessert			

There is no dietary requirement (need to eat) for desserts and sweets. People just like them! Limit a sweet to 1 time a day rather than at every meal. If fruit does not work for your sweet tooth, try:

- ½ cup light ice cream
- 1 cookie (3 inches)
- Frozen fruit bar
- ½ cup pudding
- Small portion of a dessert you like