

Examples of daily meals and snacks for children 6 to 11 years old

Breakfast 1	Lunch 1	Dinner 1	Snack 1
Oatmeal, nuts, banana, milk	Cheese pizza, carrot sticks, berries, milk	Chicken breast, brown rice, steamed vegetable, mixed green salad, milk	Apple slices with peanut butter
Breakfast 2	Lunch 2	Dinner 2	Snack 2
Egg, egg substitute or egg whites scrambled with vegetables and low-fat cheese, whole wheat toast, fresh orange slices, milk	Whole wheat pita or wrap with turkey or chicken, lettuce, tomato or other vegetable, flavored yogurt, apple, water or milk	Ground turkey taco, black or refried beans, cheese, vegetables (such as tomatoes, avocado, onions), salsa, low-fat sour cream, fruit salad, milk or water	Vegetables or baked pita chips with low-fat dip or hummus
Breakfast 3	Lunch 3	Dinner 3	Snack 3
Cereal, milk, fresh fruit	Whole wheat deli turkey sandwich, vegetable soup, mandarin oranges, milk	Pot roast with potatoes and carrots, whole grain dinner roll, strawberries, milk	Wheat thins, string cheese stick, grapes
Breakfast 4	Lunch 4	Dinner 4	Snack 4
Waffles (with a little light syrup), unsweetened applesauce, ham roll-up, milk	Macaroni and cheese, green beans, apple slices, milk	Whole grain spaghetti with meatballs, salad, steamed broccoli, cantaloupe, slice of garlic bread, water	Whole wheat tortilla rolled up with peanut butter and jelly, milk
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