

## Sample one-day menu for a two-year-old

This menu is planned for a one-year-old child who weighs approximately 21 pounds.

1 tablespoon = ½ ounce (10cc)

1 teaspoon = ½ tablespoon (5cc)

1 cup = 8 ounces (240cc)

### **BREAKFAST** :

¾ cup 2% milk

½ cup iron-fortified cereal or one egg

½ cup citrus or tomato juice or 1/3 cup cantaloupe or strawberries

½ slice toast

½ teaspoon margarine

1 teaspoon jelly

### **SNACK**

½ cup juice

4 crackers

1 ounce cream cheese

### **LUNCH** :

½ cup 2% milk

½ sandwich-1 slice whole wheat bread, 1 teaspoon margarine or 2 teaspoons salad dressing, and 1 ounce meat

2-3 carrot sticks or 2 tablespoons other dark yellow or dark green vegetables

1 small (1/2 ounce) oatmeal cookie

### **SNACK**

½ cup 2% milk

½ apple (sliced), 3 dates, 1/3 cup grapes (cut up), or ½ orange

### **DINNER** :

½ cup 2% milk

2 ounces meat

1/3 cup pasta, rice or potato

2 tablespoons vegetables

1 teaspoon margarine or 2 teaspoons salad dressing