

## Sample Menu Toddler

Meal	Food & Drink	Fiber
<b>Breakfast</b>	Oatmeal, 1/2 cup. Chia seeds, 1 tsp. Milk, 4 oz. Berries 1/4-1/2 cup	2.5 2 0 1-2
<b>Snack</b>	1/2 Apple, with skin, thinly sliced. Whole wheat English Muffin, 1/4-1/2 Peanut butter, 1 tsp Milk, 4 oz.	1.25 1-2 .3 0
<b>Lunch</b>	Spit peas soup, 1/2 cup. Triscuit crackers, 3 Black bean spread, 1 Tbsp. Cantaloupe, 1/2 cup. Milk, 4 oz.	2 1.5 1 .5 0
<b>Snack</b>	Carrot sticks or cooked carrot, 1 med Hummus, 1 Tbsp. Water, 1/2 cup	1.5 .75 0
<b>Dinner</b>	Chicken, roasted, 1 -2 oz. Broccoli, cooked, 1/4 cup. Brown rice, 1/4 cup. Milk, 4 oz.	0 1 1 0
	Water for thirst between meals, 4-12 oz. depending on milk intake.	
<b>Total Fiber</b>		<b>16-19 grams</b>