

Sample Menu for a 4-year-old Child

This menu shows a typical day of healthy eating for a 4-year-old child who weighs about 36 lbs, from the American Academy of Pediatrics.

Breakfast

- Fat free milk (1/2 cup)
- Cereal (1/2 cup)
- ½ cup cantaloupe, strawberries or banana

Snack

- Fat free milk (1/2 cup)
- Fruit such as banana, melon or berries (1/2 cup)
- Yogurt (1/2 cup)

Lunch

- Fat free milk (1/2 cup)
- Sandwich (one) – 2 slices whole wheat bread, 1-2 oz. of meat and cheese, veggie and dressing (if needed) or peanut butter and jelly
- Dark-yellow or dark-green vegetable (1/4 cup)

Snack

- Peanut butter (1 teaspoon) with 1 slice of whole wheat bread or 5 crackers or string cheese or cut up fruit

Dinner

- Fat free milk (1/2 cup)
- Meat, fish or chicken (2 oz or ¼ cup)
- Vegetables (1/4 cup)
- Pasta, rice or potato (1/2 cup)

NO television during mealtime