**Menu**

Develop a one-week menu for feeding a child this age, specifying the **quantities** (ounces, pieces, etc.) of food offered. Specify meals and snacks and at what times is the child being fed. You may wish to insert your own table if this one doesn’t work for your menu.

Monday- For a two year old

Breakfast time: 1 scrambled egg topped with 1 tablespoon shredded Monterey jack cheese, ½ slice cinnamon swirl toast with 1 teaspoon butter, ½ cup pineapple-orange juice

Snack time: 1 pouch Gerber graduates – peach, apricot and banana, 1 cup Gerber Graduates Yogurt Melts Mixed Berries

Lunch time: 1/3 cup tuna salad stuffed in one slice of whole wheat bread cut into small pieces, (2 teaspoons mayonnaise, 2 teaspoons pickle relish), 1/3 cup baby carrots, cooked and sliced into small pieces, 1 small plum cut into pieces, ½ cup fat free milk

Snack time: ½ apple, sliced up into small pieces, 1/3 cup sliced grapes, ½ cup fat free milk

Dinner time: 2 ounces grilled boneless pork chop cut into small pieces, 1/3 cup sweet potatoes, cut up and topped with 1 tablespoon butter, 1/3 cup steamed broccoli, ½ cup fat free milk

Tuesday

Breakfast time:

Snack time: 1 pouch Gerber graduates – peach, apricot and banana, 1 cup Gerber Graduates Yogurt Melts Mixed Berries

Lunch time: 1/3 cup tuna salad stuffed in one slice of whole wheat bread cut into small pieces, (2 teaspoons mayonnaise, 2 teaspoons pickle relish), 1/3 cup baby carrots, cooked and sliced into small pieces, 1 small plum cut into pieces, ½ cup fat free milk

Snack time: 1 pouch Gerber graduates – potato, corn and apple, 1 cup Gerber Graduates Yogurt Melts Mixed Berries

Dinner time: 2 ounces chicken cut into small pieces, 1/3 cup baby red potatoes, 6 small cubes of mozzarella cheese, ½ cup grape juice mixed with water

Wednesday

Breakfast time: cantaloupe cut up (1⁄3 cup), ½ slice whole grain toast cut up with 1 teaspoon jelly, ¾ cup fat free milk, 1 egg

Snack time: 4 whole grain crackers, 2Tablespoons Cream cheese, ½ cup grape juice mixed with water

Lunch time: ½ sandwich (whole wheat bread, meat (1 slice)) cut up, 2 tablespoons green beans with 1 teaspoon margarine, 1 small low fat oatmeal cookie broken into pieces, ½ cup fat free milk

Snack time: ½ apple, sliced up into small pieces, 1/3 cup sliced grapes, ½ cup fat free milk

Dinner time: 2 ounces chicken cut into small pieces, 2 tablespoons broccoli chopped up, 1/3 cup sweet potatoes in small chunks, 1 teaspoon butter, ½ cup fat free milk

Thursday

Breakfast time: 1/3 cup cooked oatmeal, made with fat free milk (1/2 cup)
1/3 cup honeydew melon and cantaloupe cut into small chunks (1/2 cup)
1/2 cup fat free milk

Snack time: 6 small cubes of mozzarella cheese, 3 whole wheat crackers, ½ cup grape juice mixed with water

Lunch time: 1/3 cup tuna salad stuffed in one slice of whole wheat bread cut into small pieces, (2 teaspoons mayonnaise, 2 teaspoons pickle relish), 1/3 cup baby carrots, cooked and sliced into small pieces, 1 small plum cut into pieces, ½ cup fat free milk

Snack time: ½ piece whole wheat toast topped cut up, 1/3 cup red, yellow and green bell pepper strips, 2 tablespoons low-fat ranch dressing for dipping

Dinner time: 2 ounces grilled boneless pork chop cut into small pieces, 1/3 cup baby red potatoes, cut up and topped with 1 tablespoon butter, 1/3 cup steamed broccoli, ½ cup fat free milk

Friday

Breakfast time: 1 scrambled egg topped with 2 tablespoons shredded Monterey jack cheese, ½ slice cinnamon swirl toast with 1 teaspoon butter, ½ cup pineapple-orange juice

Snack time: 1 oatmeal cookie broken into pieces, ½ cup chocolate milk

Lunch time: 1/2 grilled cheese sandwich cut into pieces made with 1 slice whole-wheat bread, 1 teaspoon butter, and 1 slice (about 3/4 to 1 ounce) American or Cheddar cheese (1 sandwich, made with two slices of bread and 2 slices of cheese)
1/2 cup tomato soup made with milk and topped with a few oyster crackers
1/2 small pear, cut into slices

Snack time: 4 mini apple-cinnamon rice cakes broken into pieces, ½ small banana, cut into pieces.

Dinner time: spaghetti and meatballs made with 1/3 cup whole wheat spaghetti, ¼ cup pasta sauce, 3 small chicken meatballs cut into pieces, 1 garlic breadstick cut into pieces (1 clove of garlic and 1 teaspoon butter), and ½ cup fat free milk

Be sure to include the 3 month supply of food and formula in the budget.

What is(are) the source(s) for your nutritional guidelines? Provide the link if online. Copy the pages you used to determine your menu and put behind this page in this tabbed section.

<http://www.babycenter.com/0_foods-that-can-be-unsafe-for-your-baby_9195.bc>

<http://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Switching-To-Solid-Foods.aspx?nfstatus=401&nftoken=00000000-0000-0000-0000-000000000000&nfstatusdescription=ERROR%3a+No+local+token>