



Toddler Diet



Your doctor has prescribed a toddler for your child who is younger than 3 years. This diet provides a variety of nutritious foods from all of the food groups, including protein, fruits and vegetables, dairy, and grains. To reduce the risk of choking, the toddler diet avoids foods such as nuts/ seeds, grapes, peanut butter, corn, popcorn, hot dogs, hard candy, jelly beans, gumdrops, raisins, and difficult to chew raw fruits or vegetables.

Our menu is designed to meet your growing child's needs and meats are chopped.

Breakfast

Pancakes
French Toast/French Toast Sticks
Scrambled/Hard Boiled Eggs
Omelet w/ choice of toppings
(Cheddar, ham, mushroom, green pepper)
Breakfast Potato
Bacon/Sausage/Turkey Sausage
Breakfast Taco

Bakery

Bagel/White or Wheat Bread / Biscuit
Blueberry/ Plain Muffin
Poptarts strawberry/blueberry

CEREALS

Grits
Oatmeal
Cream of Wheat
Cheerios
Corn Flakes
Frosted Flakes
Fruit Loops
Rice Krispies



Entrees

Sandwiches: Chicken, Egg or Tuna Salad,
Roast Beef, Turkey, or Ham (with or without cheese)
Veggie Burger Grilled Cheese
Grilled Chicken Sandwich
Spaghetti/ Whole Wheat Pasta
w/ marinara or Meat Sauce
Meatloaf Beef/Chicken Taco
Roast Turkey Breast Pot Roast
Crispy Baked Fish Fish Sticks
Quesadilla (cheese, chicken or veggie)
Chicken Nuggets Chicken Tenders

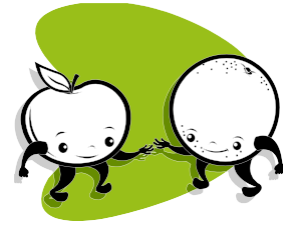
Beverages

Juices: Apple/Orange/Grape/Cranberry
*Limit juices to less than 4 oz/day
Milk: Chocolate/2%/Whole/Lactaid/Soy

Yogurt/Fruit

Strawberry/Vanilla/Plain Yogurt
Apple Slices
Applesauce
Orange Slices
Banana
Peach Slices

Pear Halves



Soup/Salad

Chicken Noodle/Tomato Soups
Cream of Chicken/Potato Soups
Coleslaw
Cottage Cheese
Chef Salad
Chicken Caesar Salad

On the Side

Macaroni & Cheese
Rice Steak Fries
Whipped Potatoes
Parsley Boiled Potatoes
Peas Broccoli
Green Beans Carrots
Squash Tater Tots
Collard Greens

Desserts

Cookies: Chocolate Chip / Sugar
Oatmeal Raisin
Brownie
Vanilla Wafers / Graham Crackers

Ice Cream: Vanilla / Choc/Straw
Sherbet: Lime / Orange
Pudding: Vanilla/ Chocolate
Lemon Italian Ice

