

Toddler Menu

The toddler diet is intended for children under 3 years old. 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 offers foods that are easy to chew.

Breakfast

Entrees

- **Scrambled Eggs** - Regular / Low Cholesterol
- **Scrambled Tofu**
- **Hard Cooked Egg**
- **Create-Your-Own Burrito or Omelet**
 - Whole Wheat, Corn, or Flour Tortilla
 - Diced Green Peppers, Tomatoes, Onions, Olives, Mushrooms, Spinach
 - American, Cheddar, or Swiss Cheese
- **Buttermilk Pancakes** - Regular or Whole Wheat

Sides

- **Pork Bacon**
- **Pork Sausage**
- **Turkey Sausage**
- **Hash Brown Potatoes**
- **Hot Cereal** - Oatmeal or Grits
- **Cold Cereal** - Cheerios, Rice Chex, or Cornflakes.
- **Whole Milk Yogurt** - Strawberry or Vanilla
- **Greek Yogurt** - Strawberry or Vanilla
- **Bagel** - White, Wheat, or Cinnamon
- **Whole Wheat English Muffin**
- **Bread** - Whole Wheat / White
- **Tortilla** - Corn / Flour / Whole Grain
- **Buttermilk Biscuit**

Fruit

- **Apple**
- **Banana**
- **Orange**
- **Fresh Fruit Cup** (no grapes)
- **Applesauce**
- **Peach Slices**
- **Pear Halves**
- **Mandarin Oranges**

Lunch/Dinner

Entrees

- **Herb Baked Chicken Breast**
- **Roast Turkey Breast**
- **Crispy Baked Fish**
- **Baked Breaded Chicken Tenders**
- **BBQ Pulled Pork**
- **CYO Deli Sandwich** - Ham / Turkey / Tuna Salad / Chicken Salad
- **CYO Grill Sandwich** - Hamburger / Turkey / Veggie Burger / Grilled Chicken Breast / Grilled Cheese / Cheese Quesadilla
- **CYO Pizza** - Pepperoni / Onions / Olives / Mushrooms / Green Peppers
- **CYO Salad** - Ham / Turkey / Grilled Chicken / Egg
 - Italian Dressing (R / LC)
 - French Dressing (R / LC)
 - Ranch (R / FF)
 - Oil & Vinegar

- **CYO Pasta** - Spaghetti / Elbow Macaroni / Whole Grain Penne / Cheese Tortellini
 - Red / White / Meat Sauce
- **CYO Taco** - Chicken / Ground Beef / Beans / Fish
- **CYO Rice Bowl** - Chicken / Black Beans / Tofu
- **Hummus w/ Pita and Vegetables**

Veggies

- **Broccoli**
- **Collard Greens**
- **Corn**
- **Yellow Squash**
- **Green Peas**
- **Sliced Carrots**
- **Green Beans**

Sides

- **Mashed Potatoes**
- **Baked French Fries**
- **Baked Sweet Potato Fries**
- **White or Brown Rice**
- **Quinoa**
- **Black Beans**

Soup

- **Beef, Chicken, or Vegetable Broth**
- **Chicken Noodle Soup**
- **Tomato Soup**

Desserts

- **Angel Food Cake**
- **Fruit Crisp**
- **Vanilla Wafers**
- **Graham Crackers**
- **Cookie** - Chocolate Chip / Sugar
- **Regular Gelatin** - Berry / Citrus
- **Diet Gelatin** - Berry / Citrus
- **Pudding** - Chocolate or Vanilla
- **Sugar-Free Pudding** - Chocolate / Vanilla
- **Lemon Fruit Ice**
- **Sherbet** - Lime / Orange
- **Ice Cream** - Vanilla / Chocolate / Strawberry

Snacks

- **Baked Lay's**
- **Pretzels**
- **Saltine Crackers**

Beverages

Hot

- **Coffee**
- **Decaf Coffee**
- **Hot Cocoa**
- **Diet Hot Cocoa**
- **Hot Tea**
- **Hot Decaf Tea**

Cold

- **Fat-Free Milk**
- **Low Fat Milk**
- **Whole Milk**
- **Low Fat Chocolate Milk**
- **Almond Milk**
- **Lactaid Milk**
- **Soy Milk**
- **Ice Tea** - Sweet / Unsweet
- **Lemonade** - Regular / Diet

- **Apple Juice**
- **Orange Juice**
- **Grape Juice**
- **Cranberry Juice**
- **Gingerale**
- **Smoothie** - Mixed Fruit / Orange / Strawberry-Banana-Soy