



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
- Scrambled/Hard Boiled Eggs
- Omelet w/ choice of toppings (Cheddar, ham, mushroom, green pepper)
- Breakfast Potato
- Bacon/Sausage/Turkey Sausage

Bakery

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

CEREALS

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



Entrees

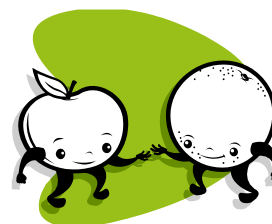
- Sandwiches: Chicken, Egg or Tuna Salad, Roast Beef, Turkey, or Ham (with or without cheese)
- Veggie Burger
- Grilled Cheese
- Grilled Chicken Sandwich
- Spaghetti/ Whole Wheat Pasta w/ marinara or Meat Sauce
- Lemon Herb Chicken
- Meatloaf
- Roast Turkey Breast
- Pot Roast
- Chicken Pot Pie
- Crispy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

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
- Whipped Potatoes
- Cornbread
- Parsley Boiled Potatoes
- Peas
- Broccoli
- Green Beans
- Carrots
- Squash and Carrots

Desserts

- Cookies: Chocolate Chip / Sugar
- Oatmeal Raisin
- Brownie/Apple Crisp
- Gingerbread Cake/Rice Krispy Bar
- Vanilla Wafers / Graham Crackers
- Ice Cream: Vanilla / Chocolate/St
- Sherbet: Lime / Orange
- Pudding: Vanilla/ Chocolate
- Italian Ice

