





SDSU Children's Center Nutritional Meal Pattern








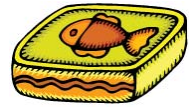



CHILDREN: 1 through 2 years

BREAKFAST

 or  and  and 






1/2 slice Whole Grain Bread 1/4 cup Cold Dry Cereal 1/4 cup Fruit or Vegetable 1/2 cup Whole Milk

LUNCH

 and  or  or  or  or  and  and  and 

1/2 slice or 1/2 serving Whole Grain Bread 1 oz. Lean Meat 1/4 cup Dried Beans 1 oz. Cheese 1/2 Egg 1 oz. Fish 1/8 cup Fruit 1/8 cup Vegetable 1/2 cup Whole Milk

SNACK

 or  or  and  and 

1/2 oz. Cheese 1 tbsp. Sunflower Seed Butter 1/2 oz. Crackers 1/2 cup Fruit Water