



# SDSU Children's Center Nutritional Meal Pattern








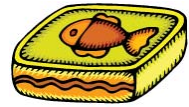



## CHILDREN: 3 through 5 years

**BREAKFAST**

 or  and  and 






1/2 slice Whole Grain Bread      1/3 cup Cold Dry Cereal      1/2 cup Fruit or Vegetable      3/4 cup 2% Milk

**LUNCH**

 and  or  or  or  or  and  and  and 

1/2 slice or 1/2 serving Whole Grain Bread      1 1/2 oz. Lean Meat      3/8 cup Dried Beans      1 1/2 oz. Cheese      3/4 Egg      1 1/2 oz. Fish      1/4 cup Fruit      1/4 cup Vegetable      3/4 cup 2% Milk

**SNACK**

 or  or  and  and 

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

