

# Sample Menu

## Breakfast

- 1 cup 1% milk
- ¾ cup whole grain cereal
- 1 small banana

## Snack

- ¾ cup orange juice
- 3 graham crackers
- 3 to 4 carrot sticks

## Lunch

- ½ peanut butter & jelly sandwich on whole wheat bread
- 1 cup mixed green salad with dressing
- ½ cup sliced apples
- 1 cup 1% milk

## Snack

- 1 oz. cheese
- 5 wheat crackers
- 3 green pepper slices

## Dinner

- 3 oz. broiled chicken
- ½ cup green beans
- ½ cup potatoes
- 1 roll
- 1 cup 1% milk
- 1 oatmeal cookie



# Tips for Feeding Your Child

-  Offer a variety of foods at regularly scheduled meals and snacks. Children like having a routine time to eat.
-  Children like eating with the family and want to eat what you eat. Set a good example for your child.
-  Let your child's appetite be your guide because your child's appetite may vary day to day. Do not force your child to eat.
-  Children need healthy snacks between meals.
-  Tastes change. Foods once refused may later be accepted. Keep offering different foods to your child.
-  Your child may want to eat the same foods for several days. Don't worry, this is normal behavior for this age.
-  Helping with meals and snacks can be fun for children and your child is more likely to eat foods he/she helped to prepare.
-  Active play and exercise should be encouraged everyday. This helps your child grow in a healthy way.

New Jersey WIC Services 2006



Jon S. Corzine  
Governor



Fred M. Jacobs, M.D., J.D.  
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# Foods for Your Child 4-6 years



## Tips For

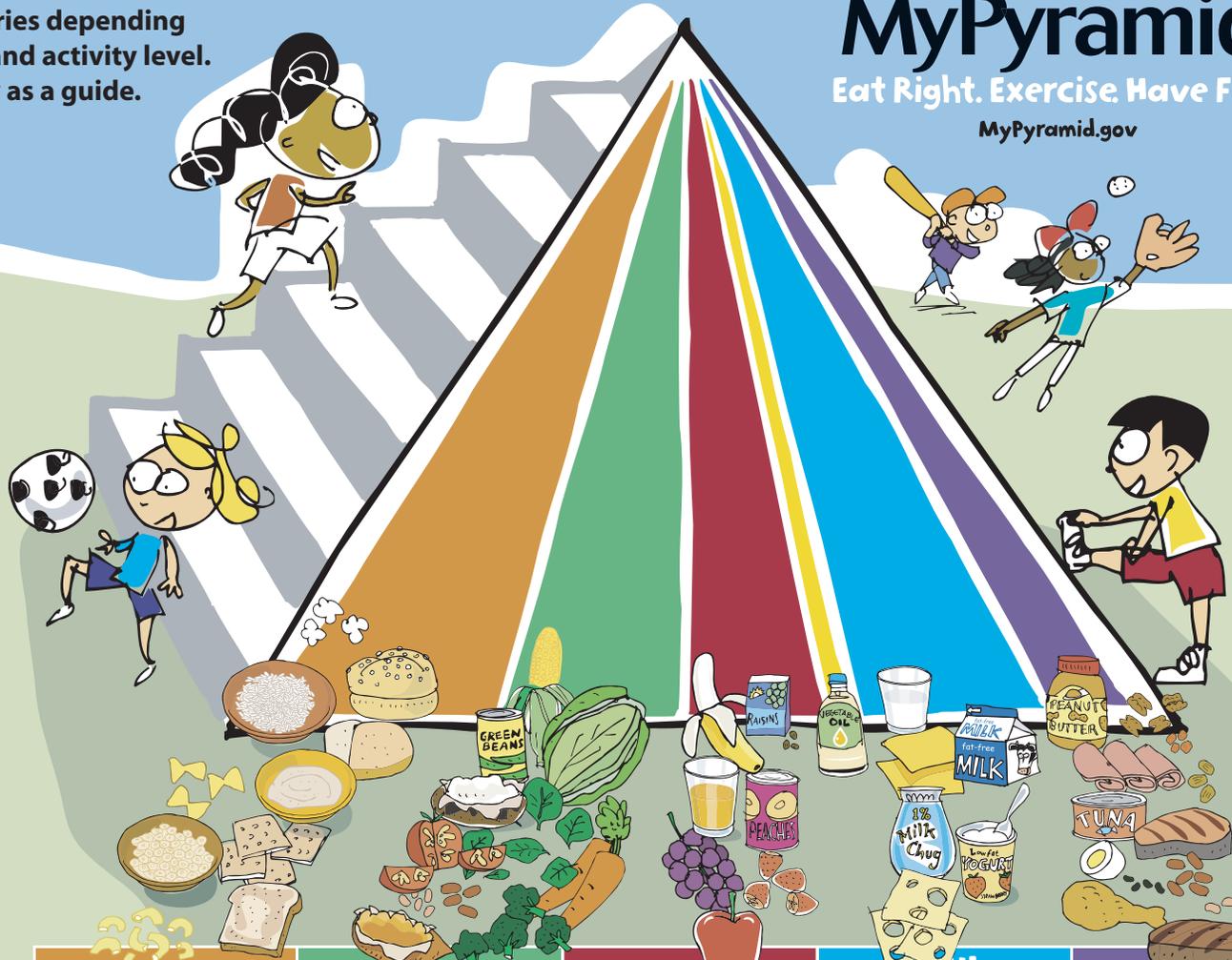
The amount of food to eat from each food group varies depending on your child's sex and activity level. Use the chart below as a guide.

# MyPyramid

For Kids

Eat Right. Exercise Have Fun.

MyPyramid.gov



**Grains**  
Make half your grains whole

**4-6 ounces**

Aim for at least 2 ounces of whole grains a day

For example:  
1 slice of whole wheat bread and 1/2 cup whole grain cereal.

**Vegetables**  
Vary your veggies

**1 1/2-2 1/2 cups**

Aim for a variety each week:

Dark green veggies  
Orange veggies  
Dry beans and peas  
Starchy veggies  
Other veggies

**Fruits**  
Focus on fruits

**1-1 1/2 cups**

Eat a variety of whole fruits but limit fruit juices.

**Milk**  
Get your calcium-rich foods

**2-3 cups**

Go low-fat or fat-free when you choose milk, yogurt, or cheese.

**Meat & Beans**  
Go lean with protein

**3-5 ounces**

Choose low-fat or lean meats and poultry  
Vary your protein routine-choose more fish, beans, peas, nuts & seeds

1 ounce of protein =  
1 egg or 1/4 cup beans



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Be physically active for at least 60 minutes every day, or on most days. Limit extra fat, sugar, and sodium. Individual requirements vary. Visit [MyPyramid.gov](http://MyPyramid.gov) to create a specific plan for your child.