

## Sample Menu for 12-23 Month Old Child

Below is a sample five-day menu based on the MyPlate.gov guidelines for a child aged 12-23 months eating approximately 1000 calories per day. A shopping list is also included at the bottom.

### Day 1

- **Breakfast**
  - ½ cup oatmeal (cooked)
  - 1 small banana (½ cup fruit)
  - 1 scrambled egg (1 oz protein)
  - ½ cup whole milk (½ cup dairy)
- **Lunch**
  - 1 slice whole wheat bread (1 oz grains)
  - 1 oz turkey breast (1 oz protein)
  - 1 small steamed carrot (½ cup vegetables)
  - ½ cup milk (½ cup dairy)
- **Snack**
  - ½ cup apple slices (½ cup fruit)
  - 1 ounce cheddar cheese (1 oz dairy)
- **Dinner**
  - ¼ cup cooked brown rice (½ oz grains)
  - 1 oz grilled chicken (1 oz protein)
  - ½ cup cooked peas (½ cup vegetables)
  - ½ cup milk (½ cup dairy)

### Day 2

- **Breakfast**
  - ½ cup cooked quinoa (½ oz grains)
  - 1 scrambled egg (1 oz protein)
  - ½ cup diced peaches (½ cup fruit)
  - ½ cup milk (½ cup dairy)
- **Lunch**
  - ½ cup cooked pasta (1 oz grains)
  - 1 oz lean ground beef (1 oz protein)
  - ½ cup steamed broccoli (½ cup vegetables)
  - ½ cup milk (½ cup dairy)
- **Snack**
  - ½ cup applesauce (½ cup fruit)
  - 1 tbsp peanut butter (1 oz protein)
- **Dinner**
  - ½ cup cooked sweet potato (½ cup vegetables)

- 1 oz baked fish (1 oz protein)
- 1 small roll (1 oz grains)
- ½ cup milk (½ cup dairy)

## Day 3

- **Breakfast**
  - ½ cup whole grain cereal (1 oz grains)
  - 1 small orange (½ cup fruit)
  - ½ cup yogurt (½ cup dairy)
- **Lunch**
  - ½ cup cooked lentils (1 oz protein)
  - ½ cup sliced cucumbers (½ cup vegetables)
  - 1 slice whole wheat bread (1 oz grains)
  - ½ cup milk (½ cup dairy)
- **Snack**
  - ½ cup diced strawberries (½ cup fruit)
  - 1 slice cheese (1 oz dairy)
- **Dinner**
  - ¼ cup cooked brown rice (½ oz grains)
  - 1 oz grilled chicken (1 oz protein)
  - ½ cup steamed green beans (½ cup vegetables)
  - ½ cup milk (½ cup dairy)

## Day 4

- **Breakfast**
  - ½ cup whole grain waffle (1 oz grains)
  - 1 small banana (½ cup fruit)
  - ½ cup milk (½ cup dairy)
- **Lunch**
  - ½ cup cooked couscous (1 oz grains)
  - 1 oz baked chicken breast (1 oz protein)
  - ½ cup steamed carrots (½ cup vegetables)
  - ½ cup milk (½ cup dairy)
- **Snack**
  - ½ cup diced watermelon (½ cup fruit)
  - 1 ounce string cheese (1 oz dairy)
- **Dinner**
  - ¼ cup cooked barley (½ oz grains)
  - 1 oz grilled turkey (1 oz protein)
  - ½ cup cooked zucchini (½ cup vegetables)
  - ½ cup milk (½ cup dairy)

## Day 5

- **Breakfast**
  - ½ cup cooked farro (½ oz grains)
  - 1 scrambled egg (1 oz protein)
  - ½ cup blueberries (½ cup fruit)
  - ½ cup milk (½ cup dairy)
- **Lunch**
  - ½ cup cooked quinoa (1 oz grains)
  - 1 oz turkey (1 oz protein)
  - ½ cup diced tomatoes (½ cup vegetables)
  - ½ cup milk (½ cup dairy)
- **Snack**
  - ½ cup orange slices (½ cup fruit)
  - 1 tbsp hummus (1 oz protein)
- **Dinner**
  - ¼ cup cooked couscous (½ oz grains)
  - 1 oz baked fish (1 oz protein)
  - ½ cup steamed peas (½ cup vegetables)
  - ½ cup milk (½ cup dairy)

## **Shopping List for the Above Menu:**

### **Fruits:**

- 4 small bananas
- 2 small oranges
- 2 apples
- 1 pint blueberries
- 1 pint strawberries
- 1 cup diced peaches (fresh or canned in 100% juice)
- 1 cup applesauce (unsweetened)
- 1 cup diced watermelon
- ½ cup dried fruit (such as raisins or dried apricots)
- 1 small can (100% fruit juice) or frozen juice concentrate (optional)

### **Vegetables:**

- 1 small bag baby carrots or 4 large carrots
- 1 small zucchini
- 1 cucumber
- 1 small sweet potato
- 1 small bag broccoli florets or 1 head broccoli
- 1 small bag frozen peas

- 1 small bag frozen green beans
- 2 medium tomatoes or 1 small can diced tomatoes (no added salt)

### **Grains:**

- Whole wheat bread (5 slices)
- 1 small box oatmeal or quick-cooking oats
- 1 small box whole grain cereal (like Cheerios or similar)
- 1 small box whole wheat pasta
- 1 small box quinoa
- 1 small bag brown rice
- 1 small bag farro or barley
- Whole wheat waffles (frozen) or waffle mix
- 1 small package whole wheat rolls or dinner rolls

### **Proteins:**

- 1 dozen eggs
- 1 small package boneless skinless chicken breast
- 1 small package lean ground beef or turkey
- 1 small package turkey slices (deli style, low sodium if possible)
- 1 small package of fish (like cod, tilapia, or salmon)
- 1 small package lentils (canned or dry)
- 1 small jar peanut butter (unsweetened)
- 1 small container hummus (optional)

### **Dairy:**

- 1 gallon whole milk or 1 carton lactose-free milk (if needed)
- 1 container plain or vanilla yogurt (whole milk)
- 1 small block or package of cheddar cheese
- 1 package of string cheese
- 1 small block of mozzarella or similar mild cheese

### **Miscellaneous:**

- Olive oil or cooking spray (for cooking)
- Seasonings: salt, pepper, garlic powder, etc.