

Sample Menu for 14+ Year Old Child

Below is a sample five-day menu based on the MyPlate.gov guidelines for a child aged 14 years old, or older, eating approximately 3000 calories per day. A shopping list is also included at the bottom.

Day 1:

Breakfast:

- 1 cup oatmeal made with 1 cup milk (Dairy)
- 1 banana (Fruit)
- 2 scrambled eggs (Protein)
- 1 slice whole grain toast (Grains)

Snack:

- 1 cup baby carrots (Vegetable)
- 1 Tbsp peanut butter (Protein)

Lunch:

- Turkey and cheese sandwich (2 slices whole grain bread, 3 oz turkey, 1 slice cheese) (Grains, Protein, Dairy)
- 1 cup mixed salad greens with 1/2 cup cherry tomatoes and vinaigrette (Vegetable)
- 1 apple (Fruit)

Snack:

- 1 cup yogurt (Dairy)
- 1/4 cup almonds (Protein)

Dinner:

- Grilled chicken breast (4 oz) (Protein)
- 1 cup brown rice (Grains)
- 1 cup steamed broccoli (Vegetable)
- 1/2 cup strawberries (Fruit)

Evening Snack:

- 1 cup milk (Dairy)
 - 1 cup popcorn (Grains)
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Day 2:

Breakfast:

- 2 scrambled eggs with spinach (1 cup spinach) (Protein, Vegetable)
- 2 slices whole grain toast (Grains)
- 1 orange (Fruit)

Snack:

- 1 cup mixed berries (Fruit)
- 1/4 cup mixed nuts (Protein)

Lunch:

- Grilled chicken salad (3 oz chicken, 1 cup mixed greens, 1/2 cup cucumbers, 1/2 cup carrots) with vinaigrette (Vegetable, Protein)
- 1 whole grain roll (Grains)
- 1 cup grapes (Fruit)

Snack:

- 1 cup yogurt (Dairy)
- 1 ounce sunflower seeds (Protein)

Dinner:

- Grilled salmon (4 oz) (Protein)
- 1 cup quinoa (Grains)
- 1 cup roasted Brussels sprouts (Vegetable)
- 1 cup mango (Fruit)

Evening Snack:

- 1 cup milk (Dairy)
 - 1 slice whole grain bread with 1 Tbsp peanut butter (Grains, Protein)
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Day 3:

Breakfast:

- Smoothie with 1 cup milk, 1 cup spinach, 1 cup mixed berries (Dairy, Vegetable, Fruit)
- 1 slice whole grain toast with 1 Tbsp almond butter (Grains, Protein)

Snack:

- 1 apple (Fruit)
- 1 string cheese (Dairy)

Lunch:

- Whole grain wrap with 3 oz chicken, lettuce, tomato, and hummus (Grains, Protein, Vegetable)
- 1 cup cucumber slices (Vegetable)
- 1 peach (Fruit)

Snack:

- 1/2 cup trail mix (nuts and dried fruit) (Protein, Fruit)

Dinner:

- Beef stir-fry (4 oz lean beef, 1 cup broccoli, 1/2 cup bell peppers) with 1 cup brown rice (Protein, Vegetable, Grains)
- 1 cup pineapple (Fruit)

Evening Snack:

- 1 cup milk (Dairy)
 - 1 slice whole grain toast (Grains)
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Day 4:

Breakfast:

- 2 scrambled eggs with 1 cup diced peppers (Protein, Vegetable)
- 1 whole grain English muffin (Grains)
- 1 cup orange juice (Fruit)

Snack:

- 1/2 cup cottage cheese (Dairy)
- 1/2 cup blueberries (Fruit)

Lunch:

- Turkey and avocado wrap (3 oz turkey, 1/2 avocado, whole grain wrap) (Grains, Protein)
- 1 cup mixed greens with 1/2 cup cucumbers (Vegetable)
- 1 orange (Fruit)

Snack:

- 1/4 cup almonds (Protein)
- 1 cup carrot sticks (Vegetable)

Dinner:

- Baked chicken breast (4 oz) (Protein)
- 1 cup sweet potatoes (Vegetable)
- 1 cup wild rice (Grains)
- 1 cup mixed fruit salad (Fruit)

Evening Snack:

- 1 cup milk (Dairy)
 - 1 slice whole grain toast (Grains)
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Day 5:

Breakfast:

- 1 cup whole grain cereal with 1 cup milk (Grains, Dairy)
- 1/2 cup strawberries (Fruit)
- 1 hard-boiled egg (Protein)

Snack:

- 1 cup yogurt (Dairy)
- 1/2 cup mixed nuts (Protein)

Lunch:

- Chicken and vegetable stir-fry (3 oz chicken, 1 cup mixed vegetables) with 1 cup brown rice (Protein, Vegetable, Grains)
- 1 apple (Fruit)

Snack:

- 1/2 cup trail mix (nuts and dried fruit) (Protein, Fruit)

Dinner:

- Grilled pork chop (4 oz) (Protein)
- 1 cup roasted sweet potatoes (Vegetable)
- 1 cup steamed green beans (Vegetable)
- 1/2 cup raspberries (Fruit)

Evening Snack:

- 1 cup milk (Dairy)
 - 1 slice whole grain toast with 1 Tbsp peanut butter (Grains, Protein)
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Shopping List:

Fruits:

- 6 bananas
- 1 bunch of grapes (around 3 cups)
- 5 apples
- 4 oranges
- 2 cups mixed berries (fresh or frozen)
- 2 peaches
- 1 cup pineapple (fresh or canned)
- 1 cup mango (fresh or frozen)
- 1 cup strawberries
- 1 cup blueberries
- 1/2 cup dried fruit (for trail mix)
- 100% fruit juice (e.g., 1 quart of orange juice)

Vegetables:

- 1 bag of baby carrots (about 5 cups)
- 1 head or bag of mixed salad greens
- 2 cups spinach (fresh or frozen)
- 4 large bell peppers (various colors)
- 1 cucumber
- 2 large tomatoes
- 3 avocados
- 1 cup cherry tomatoes
- 1 head broccoli (around 2 cups)
- 1 bag Brussels sprouts (around 2 cups)
- 1 large sweet potato (around 1 cup)
- 1 bag of frozen mixed vegetables (for stir-fry)
- 1 bag green beans (around 2 cups)
- 1 bunch of leafy greens (like kale or romaine)
- 1 cup diced peppers (frozen or fresh)

Grains:

- Whole grain bread (1 loaf)
- Whole grain English muffins (1 pack)
- Whole grain tortillas/wraps (1 pack)
- Brown rice (about 5 cups)
- Quinoa (1 cup)
- Whole grain cereal (1 box)
- Oatmeal (1 container)
- Wild rice (1 cup)
- Whole grain rolls (1 pack)
- Popcorn (air-popped, plain kernels or microwaveable bags)

Protein:

- 1 dozen eggs
- 1 jar peanut butter (smooth or crunchy)
- 1 bag of almonds (1/4 cup servings)
- 1 bag of sunflower seeds (1/4 cup servings)
- 1 bag of mixed nuts (for trail mix)
- 1 pack of lean turkey (deli-style or breast meat)
- 3 chicken breasts (boneless, skinless, around 12 oz total)
- 1 small pork chop (around 4 oz)
- 4 oz salmon filet
- 4 oz lean beef (for stir-fry)
- 4 oz grilled chicken breast (for salads)
- 1 jar of hummus (for wraps and snacks)
- 1 bag of mixed trail mix (nuts and dried fruit)

Dairy:

- 1 gallon of milk (for drinking and cooking)
- 1 large container of yogurt (plain or flavored)
- 1 pack of cheese slices (for sandwiches)
- 1 block of hard cheese (like cheddar, around 6 oz)
- 1 small container of cottage cheese (for snacks)
- String cheese (optional snack)

Other:

- Olive oil or cooking oil (for stir-frying and roasting)
- Salad dressing or vinaigrette (for salads)
- Salt, pepper, and spices (like garlic powder, paprika, etc.)