

Toddler Regular Diet

A toddler regular diet provides food choices that will meet your nutritional needs. Enjoy!
Please ask to see a Registered Dietitian Nutritionist if you have questions about your diet.

Breakfast served all day

See page 2 for condiments

HOT AND COLD CEREALS

- Oatmeal
- Grits
- Cheerios
- Cinnamon Toast Crunch
- Rice Chex
- Honey Nut Cheerios

SIDES

- Low Fat Cottage Cheese
- Hard Cooked Egg
- Home Fries
- Chopped Turkey Sausage Patty

SWEETS

- Fresh Banana
- Fresh Berries
- Cantaloupe
- Fresh Pineapple
- Low Fat Strawberry Yogurt
- Low Fat Vanilla Yogurt

BEVERAGES

- Orange Juice
- Apple Juice
- Cranberry Juice
- Grape Juice
- 2% Milk
- Whole Milk
- Chocolate Milk

BREAKFAST ENTRÉES

- Scrambled Eggs
- Chopped French Toast Sticks
- Chopped Waffle
- Chopped Pancake
- Chopped Blueberry Whole Wheat Pancake
- Chopped Chocolate Chip Pancake

BREAD BASKET

- English Muffin
- Bagel
- Flour Tortilla
- White Bread
- Whole Wheat Bread

CONDIMENTS

- Margarine
- Butter
- Jelly
- Sugar
- Salt
- Pepper
- Herb Seasoning
- Ketchup
- Syrup
- Brown Sugar

ENTRÉES

- | | |
|--|---|
| Chopped Chicken Parmesan | Chicken Tenders |
| Chopped Roast Beef Sandwich with Gravy | Cheeseburger on White Roast Beef on Wheat |
| Baked Fish Sticks with Tartar Sauce | Cheese Quesadilla |
| Chopped Turkey with Gravy | Grilled Chicken Sandwich on Whole Wheat |
| Chopped Rigatoni with Meatballs | |
| Kraft Macaroni & Cheese | |

BUILD YOUR OWN SANDWICH

---- Choose Your Bread ----

Whole Wheat Bread • White Bread • Whole Wheat Flour Tortilla
Flour Tortilla • Hoagie Roll • Slider Roll

---- Choose Your Protein ----

Sliced Ham • Sliced Roasted Turkey
Sliced Roast Beef • Sliced Chicken Breast
Peanut Butter • Chicken Salad • Tuna Salad

---- Choose Your Cheese ----

American Cheese • Cheddar Cheese
Provolone Cheese • Swiss Cheese

---- Choose Your Condiments ----

Jelly • Ketchup • Lite Mayo • Mustard
Buffalo Sauce • Ranch Dipping Sauce • Honey Mustard

BUILD YOUR OWN GRILL

---- Choose Your Bread ----

Whole Wheat Bread • White Bread • Hamburger Roll
Whole Wheat Hamburger Roll • Slider Roll
Whole Wheat Flour Tortilla • Flour Tortilla

---- Choose Your Protein ----

Sliced Ham • Sliced Roasted Turkey

---- Choose Your Cheese ----

American Cheese • Cheddar Cheese
Provolone Cheese • Swiss Cheese

---- Choose Your Condiments ----

Ketchup • Lite Mayo • Mustard • BBQ Sauce
Buffalo Sauce • Ranch Dipping Sauce • Honey Mustard

BUILD YOUR OWN PIZZA

---- Choose Your Bread ----

Pizza Dough • Whole Grain Flatbread

---- Choose Your Sauce ----

Pizza Sauce • Alfredo Sauce

---- Choose Your Cheese ----

Mozzarella Cheese • Cheddar Cheese

SIDES

- | | |
|-----------------------|----------------------------|
| • Chopped Broccoli | • Kraft Macaroni & Cheese |
| • Chopped Green Beans | • White Rice |
| • Chopped Carrots | • Mozzarella Cheese Sticks |
| • Mashed Potatoes | • Goldfish Crackers |
| • Baked French Fries | • Poultry Gravy |
| • Buttered Penne | • Brown Gravy |
| • Sweet Potato Fries | • Marinara Sauce |
| • Potato Starz | |

BREAD BASKET

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|---------------------|------------------|
| • White Roll | • White Bread |
| • Whole Wheat Bread | • Flour Tortilla |
| | • Saltines |

SWEETS

- | | |
|-------------------------------|----------------------------|
| • Mini Chocolate Chip Cookies | • Chopped Peaches |
| • Teddy Grahams | • Applesauce |
| • Vanilla Pudding | • Chopped Pears |
| • Chocolate Pudding | • Chopped Mandarin Oranges |
| • Red Gelatin | • Fresh Banana |
| • Citrus Gelatin | • Fresh Berries |
| • Vanilla Ice Cream | • Fresh Cantaloupe |
| • Chocolate Ice Cream | • Fresh Pineapple |
| • Orange Sherbet | |
| • Fruit Ice | |

BEVERAGES

- | | |
|------------------|-------------------|
| • 2% Milk | • Apple Juice |
| • Whole Milk | • Cranberry Juice |
| • Chocolate Milk | • Grape Juice |
| • Orange Juice | |

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Sugar
Salt
Pepper
Herb Seasoning
Ketchup
Lite Mayo

Mustard
Jelly
Parmesan Cheese
Tartar Sauce
BBQ Sauce
Ranch Dipping Sauce
Honey Mustard
Buffalo Sauce