

Example Cold Lunch Menu for Toddlers

FOOD GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK	Milk	Milk	Milk	Milk	Milk
FRUIT / VEGETABLE / 100% FRUIT JUICE	Avocado	Mango	Strawberries & Blueberries	Mandarin oranges	Kiwi
FRUIT / VEGETABLE / 100% FRUIT JUICE	Applesauce	Corn	sweet red pepper	Banana	Cucumber (sliced small)
GRAINS / BREADS	Sandwich with fresh turkey, cranberries & cheese	Quinoa with beans and cherry tomatoes (cut up)	soft pretzel	Blueberry pancake	macaroni salad
MEAT / MEAT ALTERNATIVE			Cheese	Yogurt	Sliced chicken sausage