Sample Menu

**Breakfast**
- 1 cup lowfat milk
- ¾ cup whole grain cereal
- 1 small banana

**Snack**
- ¾ cup yogurt
- 1 graham cracker
- 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 oranges
- ½ cup 100% juice

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

**Dinner**
- 2-3 oz. broiled chicken
- ½ cup green beans
- ½ cup sweet potatoes
- 1 cup lowfat milk
- 1 oatmeal cookie

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**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 2012

Foods for Your Child 4-6 years