

# APRIL 2026 NURSERY WING MEAL PLAN

## Healthy Eating <sup>for</sup> preschoolers Daily Food Plan



Use this Plan as a general guide.

• These food plans are based on average needs. Do not be concerned if your child does not eat the exact amounts suggested. Your child may need more or less than average. For example, food needs increase during growth spurts.

• Children's appetites vary from day to day. Some days they may eat less than these amounts; other days they may want more. Offer these amounts and let your child decide how much to eat.

Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
<b>Fruits</b> 	1 cup	1 - 1½ cups	1 - 1½ cups	<b>¼ cup of fruit?</b> ¼ cup mashed, sliced, or chopped fruit ¼ cup 100% fruit juice ½ medium banana 4-5 large strawberries
<b>Vegetables</b> 	1 cup	1½ cups	1½ - 2 cups	<b>¼ cup of veggies?</b> ¼ cup mashed, sliced, or chopped vegetables 1 cup raw leafy greens ¼ cup vegetable juice 1 small ear of corn
<b>Grains</b> Make half your grains whole 	3 ounces	4 - 5 ounces	4 - 5 ounces	<b>1 ounce of grains?</b> 1 slice bread 1 cup ready-to-eat cereal flakes ½ cup cooked rice or pasta 1 tortilla (6" across)
<b>Protein Foods</b> 	2 ounces	3 - 4 ounces	3 - 5 ounces	<b>1 ounce of protein foods?</b> 1 ounce cooked meat, poultry, or seafood 1 egg 1 Tablespoon peanut butter ¼ cup cooked beans or peas (kidney, pinto, lentils)
<b>Dairy</b> Choose low-fat or fat-free 	2 cups	2 cups	2½ cups	<b>¼ cup of dairy?</b> ¼ cup milk 4 ounces yogurt ¼ ounce cheese 1 string cheese

Some foods are easy for your child to choke on while eating. Skip hard, small, whole foods, such as popcorn, nuts, seeds, and hard candy. Cut up foods such as hot dogs, grapes, and raw carrots into pieces smaller than the size of your child's throat—about the size of a nickel.

There are many ways to divide the Daily Food Plan into meals and snacks. View the "Meal and Snack Patterns and Ideas" to see how these amounts might look on your preschooler's plate at [www.choosemyplate.gov/preschoolers.html](http://www.choosemyplate.gov/preschoolers.html).



Day	Mid-morning snack	Lunch	Evening refreshment
06.4.2026	Butter jam sandwiches	Aloo subji, spinach poori, pulao, bhoondi raita, salad	Fruit
07.04.2026	Finger chips	Rajmah, rice, zeera aloo, chapati, salad	Biscuit
08.04.2026	Suji halwa & black channa	Pea paneer, arhaar dal, chapati, rice, salad	Savoy snack
09.04.2026	Bread pakora	Vegetable stuffed parantha, masoor dal, curd & salad	Fruit
10.04.2026	Vegetable Cutlet	Vegetable noodles, channa dal, aloo capsicum, chapati, salad	Biscuit
13.04.2026	Cucumber tomato Sanwiches	Dal makhani, aloo bean, chapatti, rice, salad & custard	Savoy snack
14.04.2026	Vegetable macaroni	Chole, poori, zeera rice, aloo	Fruit