



Sample Menu for a Two-Year-Old

By age two, your child should be eating three healthy meals a day, plus one or two snacks. He or she can eat the same food as the rest of the family. Do not fixate on amounts and do not make mealtimes a battle. Whenever possible, offer your child finger foods instead of soft ones that require a fork or spoon to eat. **See the following sample menu ideas for a two-year-old.**

Note: This menu is planned for a two-year-old child who weighs approximately 27 pounds (12.5 kg).

1 tablespoon = 3 teaspoons (15 mL)

1 tablespoon = 1/2 ounce (15 mL)

1 ounce = 30 mL

1 cup = 8 ounces (240 mL)

Breakfast

- 1/2 cup nonfat or low-fat milk
- 1/2 cup iron-fortified cereal or 1 egg
- 1/3 cup fruit (for example, banana, cantaloupe, or strawberries)
- 1/2 slice whole wheat toast
- 1/2 teaspoon margarine or butter or 1 teaspoon jelly

Snack

- 4 crackers with cheese or hummus or 1/2 cup cut-up fruit or berries
- 1/2 cup water

Lunch

- 1/2 cup low-fat or nonfat milk
- 1/2 sandwich—1 slice whole wheat bread, 1 ounce meat, slice of cheese, veggie (avocado, lettuce, or tomato)
- 2–3 carrot sticks (cut up) or 2 tablespoons other dark- yellow or dark-green vegetable
- 1/2 cup berries or 1 small (1/2 ounce) low-fat oatmeal cookie

Snack

- 1/2 cup nonfat or low-fat milk
- 1/2 apple (sliced), 3 prunes, 1/3 cup grapes (cut up), or 1/2 orange

Dinner

- 1/2 cup nonfat or low-fat milk
- 2 ounces meat



Sample One-Day Menu for Your Two-Year-Old

This menu is planned for a two-year-old child who weighs approximately 27 pounds (12.5 kg).

1 teaspoon = 1/2 tablespoon = 5 ml
1 tablespoon = 1/2 ounce = 15 ml
1 ounce = 30 ml
1 cup = 8 ounces = 240 ml

BREAKFAST

- 1/2 cup nonfat or low-fat milk
- 1/2 cup iron-fortified cereal or 1/2 slice whole-wheat toast
- 1/3 cup fruit (for example, banana, cantaloupe, or strawberries)
- 1 egg

SNACK

- 4 crackers with cheese or hummus or 1/2 cup cut-up fruit or berries
- 1/2 cup water

LUNCH

- 1/2 cup low-fat or nonfat milk
- 1/2 sandwich—1 slice whole-wheat bread, 1 ounce meat, slice of cheese, veggie (avocado, lettuce, or tomato)
- 2–3 carrot sticks (cut up or cooked) or 2 tablespoons other yellow or green vegetable
- 1/2 cup berries or 1 small (1/2 oz.) low-fat oatmeal cookie

SNACK

- 1/2 cup nonfat or low-fat milk
- 1/2 apple (sliced), 3 prunes, 1/3 cup grapes (cut up), or 1/2 orange

DINNER

- 1/2 cup nonfat or low-fat milk
- 2 ounces meat
- 1/3 cup whole-grain pasta, rice, or potato
- 2 tablespoons vegetable

HealthyChildren.org

- 1/3 cup pasta, rice, or potato
- 2 tablespoons vegetable

[Back to Top](#)

Additional Information on HealthyChildren.org:

- [Unsafe Foods for Toddlers \(/English/ages-stages/toddler/nutrition/Pages/Unsafe-Foods-for-Toddlers.aspx\)](/English/ages-stages/toddler/nutrition/Pages/Unsafe-Foods-for-Toddlers.aspx)
- [Selecting Snacks for Toddlers \(/English/ages-stages/toddler/nutrition/Pages/Selecting-Snacks-for-Toddlers.aspx\)](/English/ages-stages/toddler/nutrition/Pages/Selecting-Snacks-for-Toddlers.aspx)
- [Picky Eaters \(/English/ages-stages/toddler/nutrition/Pages/Picky-Eaters.aspx\)](/English/ages-stages/toddler/nutrition/Pages/Picky-Eaters.aspx)
- [Winning the Food Fights \(/English/ages-stages/toddler/nutrition/Pages/Winning-the-Food-Fights.aspx\)](/English/ages-stages/toddler/nutrition/Pages/Winning-the-Food-Fights.aspx)

Last Updated 12/21/2015

Source Caring for Your Baby and Young Child: Birth to Age 5, 6th Edition (Copyright © 2015 American Academy of Pediatrics)

The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.