

Snack & Lunch Ideas for Toddlers

Fruits

Apple wedges (peeled or unpeeled)
Applesauce
Apricot pieces
Banana
Blueberries
Dried or dehydrated fruit
Fruit cocktail, canned
Fruit leathers
Grapefruit pieces (without seeds)
Grapes halved (seedless)
Kiwi pieces (peeled)
Mandarin oranges, canned & drained
Melon (honeydew, cantaloupe, etc.) pieces
Orange pieces (peeled & sectioned, without seeds)
Peach pieces
Pear wedges
Plum pieces
Raisins (plain or yogurt covered)
Strawberry slices
Tangerine pieces (peeled & sectioned, without seeds)
Tomatoes (cherry) halved

Dairy

Cheese slices, cubes, sticks or string
Cottage cheese with fresh or canned fruit
Eggs (scrambled or hard-cooked wedges, halves)
Milk
Yogurt (may be served semi-frozen)

Vegetables

Avocado (peeled) slices or cubes
Broccoliflorets, cooked or raw with dip
Carrot sticks, soft cooked or raw with dip
Cauliflower, cooked or raw with dip
Celery sticks with dip
Cucumber (peeled or unpeeled) rings
Green beans
Green/red pepper strips, raw with dip
Peas (frozen peas are good for toddlers who may be teething), frozen or cooked
Potatoes, mashed or baked
Yams or sweet potatoes, mashed or baked

Juices (unsweetened)

Apple juice
Grape juice
Grapefruit juice
Mixed vegetable juice
Orange juice
Pineapple juice
Tomato juice

Breads, Crackers & Cereals

Bagel (sliced) with cream cheese, peanut butter or plain
Bread quarters
Breadsticks
Cereal (cold or hot) with or without milk
Combread
Crackers (baked, saltines or whole wheat) topped with cheese, egg salad, tuna salad, peanut butter, etc.
Graham crackers
Muffins (banana, bran, English, blueberry, oatmeal, etc.)
Pasta with sauce, meats, cooked vegetable, etc.
Pretzels
Tortillas with bean dip, cheese
Waffle pieces

Meat, Fish & Peanut Butter

Chicken, ham or turkey, diced or sliced
Meat & cheese on pretzel kabobs
Mini meatballs
Peanut butter crackers or sandwiches topped with fresh fruit or low-sugar jelly
Tuna salad or sandwich

