Lunch

- 1/2 c apples
- 2 oz hamburger
- 1 bun
- 1/4 c potatoes
- 1/4 c mixed vegetables
- 1/2 c milk

This Preschooler Meal Provides:

- Grains: 1 oz
- Vegetables: 1/4 c
- Fruits: 1/4 c
- Milk: 1/2 c
- Protein: 1 oz

*Based on 1400 kcal needs of a moderately active 3- to 5-year-old; actual needs will vary.