



New Jersey WIC

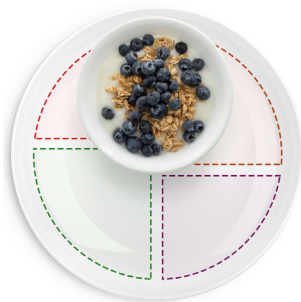
Meal & Snack Ideas for Preschoolers (3-5 Years)



Healthy eating habits are important at every age. Try offering a variety of fruits, vegetables, whole grains, protein foods and dairy (or fortified dairy alternatives). Focus on nutrient-rich foods and beverages while limiting added sugars, sodium and saturated fat. Sharing family meals and involving children in food preparation makes mealtime fun! Visit [MyPlate](#) for more healthy eating tips for preschoolers.

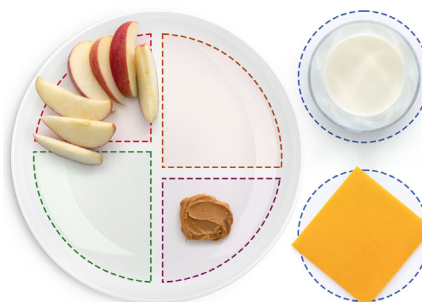
Breakfast Ideas

Yogurt with granola, blueberries and milk



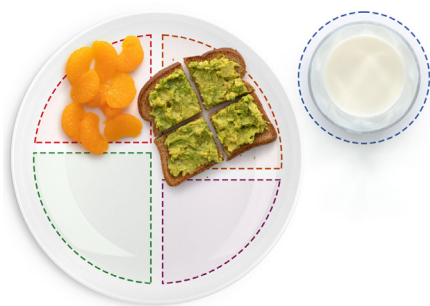
- ½ cup plain fat-free yogurt
- ¼ cup blueberries
- 2 Tbsp granola

Apple slices with nut butter and cheese



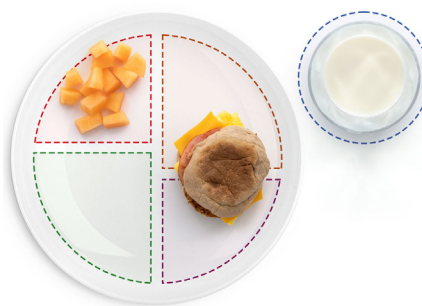
- ½ apple, sliced
- 1 Tbsp nut butter (like peanut butter or almond butter)
- 1 slice cheese
- ½ cup milk

Avocado toast with mandarin oranges



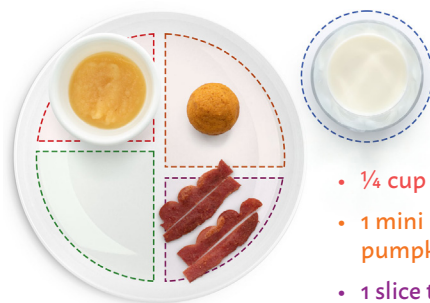
- ¼ cup mandarin oranges or peaches
- ½ avocado, peeled and smashed
- 1 slice whole wheat bread, toasted
- ½ cup milk

Canadian bacon, egg and cheese breakfast sandwich with a side of cantaloupe



- ¼ cup cantaloupe, cubed
- 1 slice whole wheat bread or 1 whole wheat English muffin, toasted and halved
- 1 slice Canadian bacon
- 1 egg, cooked
- 1 slice cheddar cheese
- ½ cup milk

Turkey bacon, mini pumpkin muffin and applesauce



- ¼ cup applesauce
- 1 mini pumpkin muffin
- 1 slice turkey bacon, cooked and quartered
- ½ cup low-fat or fat-free milk

Healthy Pumpkin Muffins Ingredients

- 3 bananas, mashed
- 2 eggs
- 2 tsp baking powder
- 1 cup pumpkin puree
- 1½ cups flour
- 1 tsp pumpkin pie spice, can also use cinnamon

Healthy Pumpkin Muffins Instructions

Preheat your oven to 350°F. Mix all the ingredients together in a large bowl. Spoon the batter into the mini muffin tin, filling it to the top. Bake in the preheated oven for 15–18 minutes. Cool and enjoy!

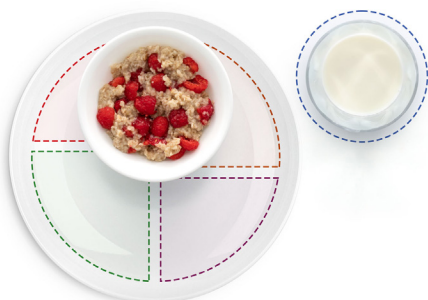
Healthy Pumpkin Muffins Storage Instructions

Store these Pumpkin Muffins in an airtight container at room temperature for up to 3 days. For longer storage, freeze the muffins in a sealed freezer bag for up to 3 months. When you're ready to enjoy them, simply thaw at room temperature or heat in the microwave.

Adapted from: [Healthy Pumpkin Muffins – Real Little Meals](#)

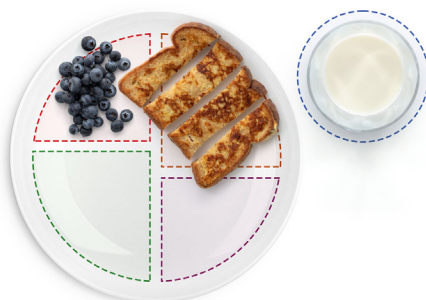
Breakfast Ideas Cont.

Oatmeal with raspberries



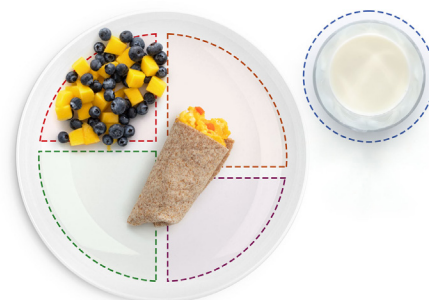
- ¼ cup raspberries
oatmeal
- 1 Tbsp peanut butter (optional)
- ½ cup milk

Banana French Toast and blueberries



- ¼ cup blueberries
- 1 slice French toast, sliced into strips
1 banana, mixed into French toast batter
- ½ cup milk

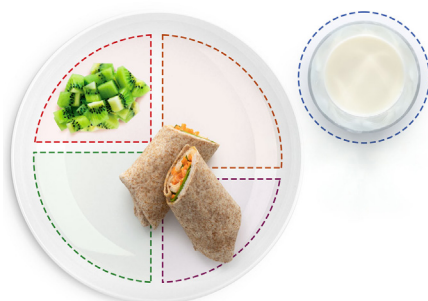
Mini Breakfast Burrito with mango and blueberries



- ½ whole wheat tortilla
- 1 egg, scrambled
- ¼ cup shredded cheddar cheese
- ¼ cup red pepper, diced
- ¼ cup mango or oranges
- ¼ cup blueberries
- ½ cup milk

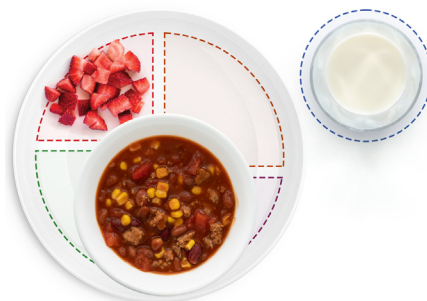
Lunch Ideas

Lunch wrap with kiwi



- 3 oz lunch meat, lean (95% fat free or leaner)
- 1 tortilla, whole wheat
- ½ cup spinach
- ¼ cup carrots, grated
- 1 Tbsp ranch dressing, fat-free
- ¼ cup diced kiwi
- ½ cup milk

Chili with strawberries



- Chili with beans, tomatoes and corn
- ¼ cup diced strawberries
- ½ cup milk

Toddler Friendly Chili Ingredients

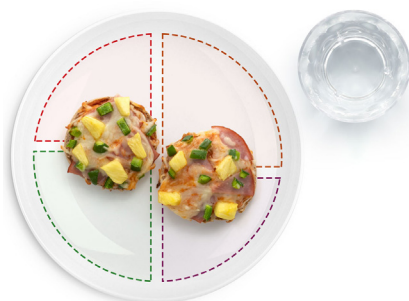
- 1 lb lean ground beef
- ½ cup diced onion
- 1 14 oz can diced tomatoes
- 1 14 oz can tomato sauce
- 2 14 oz cans mild chili beans (do not drain or rinse)
- 1 14 oz can dark red kidney beans, rinsed and drained
- 1 14 oz can of corn (do not drain)
- 1 tbsp chili powder
- 1 tsp cumin
- Salt and pepper to taste
- Optional: shredded cheese, sour cream and tortilla chips for garnish

Toddler Friendly Chili Instructions

In a large pot on the stove over medium high heat, brown the ground beef. While the beef is cooking, prep your other ingredients. When the beef is browned, add your onions and cook for five more minutes until onions are softened.

Once the onions are soft, add in the corn, beans, diced tomatoes, tomato sauce, chili powder, cumin, salt and pepper. Heat to a boil, then reduce heat to low and simmer until chili is heated evenly throughout. Top with shredded cheese, sour cream and tortilla chips, if desired.

Mini Hawaiian Pizzas



- 1 whole wheat English muffin, split in half
- ¼ cup pizza sauce
- ½ cup mozzarella cheese, shredded
- ¼ cup chopped pineapple
- ¼ cup Canadian bacon, sliced and quartered
- ¼ cup green bell pepper, chopped
- Water

Mini Hawaiian Pizzas Ingredients

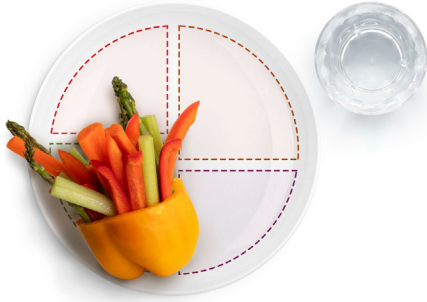
- 4 whole wheat English muffins, split
- 1 cup pizza sauce
- 1½ cup Mozzarella cheese, shredded
- 1 can pineapple tidbits, (8 oz)
- ¼ cup Canadian bacon, sliced, cut into quarters, (2 oz)
- ½ cup bell pepper, green, chopped

Mini Hawaiian Pizzas Instructions

Preheat oven to 400°F. Evenly spoon sauce over each muffin. Top with Canadian bacon, pineapple tidbits, cheese and 1 Tbsp bell pepper. Place mini pizzas on baking sheet. Bake for 12–15 minutes or until cheese is melted. Allow to cool for a few minutes before serving.

Snack Ideas

Bell Pepper Snack Cups



- 1 orange or green bell pepper
- 1 red bell pepper, seeded and cut into thick strips
- 6 baby carrots or carrot sticks
- 1 celery stalk, cut into thick strips
- 4 asparagus spears, cut to 4-5 inches long
- 1 jicama, peeled, cut into thick strips
- ¼ cup ranch dressing, low fat
- Water

Bell Pepper Snack Cups Ingredients

- 4 bell peppers, green
- ½ cup ranch dressing, low-fat
- 1 bell pepper, red, seeded and cut into thick strips
- 12 carrots, baby
- 2 celery stalks, cut into thick strips
- 8 asparagus spears, cut to 4-5 inches long
- 1 jicama, peeled, cut into thick strips

Bell Pepper Snack Cups Instructions

Cut the tops of the green bell peppers and remove seeds. Place bell peppers on small plates. Pour 2 Tbsp of dressing into the bottom of each cup. Place equal amounts of vegetables in each snack cup. Dip and snack!

Fresh Veggie Salsa and chips



- Fresh Veggie Salsa
- Tortilla chips
- ½ cup milk

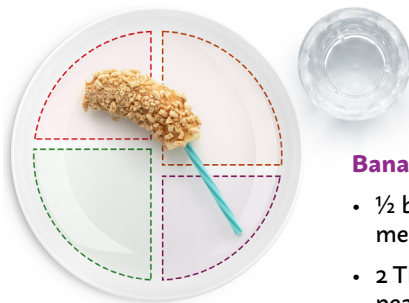
Fresh Veggie Salsa Ingredients

- ½ cup zucchini, diced
- ½ cup red onion, chopped
- 1 red bell pepper, seeded and diced
- 1 green bell pepper, seeded and diced
- 2 tomatoes, diced
- 1 garlic clove, minced
- ¼ cup cilantro, fresh, chopped
- ½ tsp black pepper
- 1 tsp sugar
- 2 Tbsp lime juice
- ½ tsp salt

Fresh Veggie Salsa Instructions

Add all ingredients to a large bowl, toss to combine. Cover and refrigerate until ready to serve.

Banana Dippers



- ½ banana, medium
- 2 Tbsp peanut butter
- ⅛ cup cereal O's, crushed
- 1 craft stick
- Water

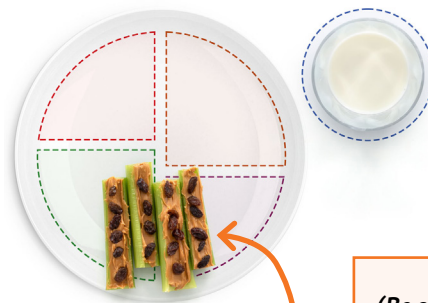
Banana Dippers Ingredients

- ½ banana, medium
- 2 Tbsp peanut butter
- ⅛ cup cereal O's, crushed
- 1 craft stick

Banana Dippers Instructions

Slice the banana into medium sized chunks. Place one banana chunk on the craft stick. Dip the banana in the peanut butter then roll in the crushed cereal.

Bugs on a Log

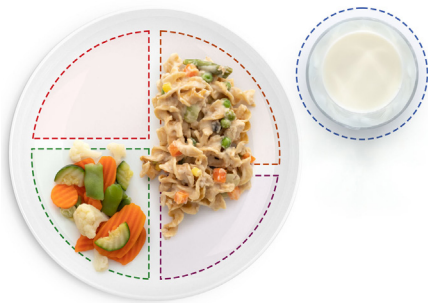


- 2 celery stalks
- 2 Tbsp peanut butter
- 2 Tbsp raisins
- ½ cup milk

(Be careful! Young children can choke on a small, hard or sticky food like raisins. Always watch your child when they eat to help prevent choking.)

Dinner Ideas

Chicken or Tuna Casserole and mixed veggies



- 1 cup Chicken or Tuna Casserole
- ½ cup mixed vegetables
- ½ cup milk

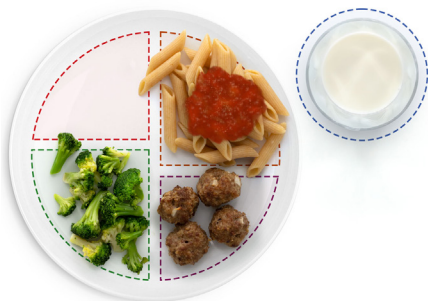
Chicken or Tuna Casserole Ingredients

- 1 (8 oz) package whole wheat pasta (your choice)
- 1-2 tablespoons flour
- 1 (10.5 oz) can low sodium cream of mushroom soup
- 1 empty soup can of low-fat milk
- ¼ lb cheese (your choice), grated
- 1 bag frozen mixed vegetables
- 3 cups cooked diced chicken (OR 2 cans drained light tuna)
- Optional: salt and pepper

Chicken or Tuna Casserole Instructions

Preheat oven to 350 degrees. Cook pasta in boiling water until done. In separate pan, heat flour, soup and milk over medium heat to make a thin white sauce (add flour to preferred thickness). Add cheese to white sauce, melt. In a baking dish, combine diced chicken, pasta and vegetables. Season with salt and pepper if desired. Pour cheese sauce over chicken mixture. Bake for 30 minutes.

Meatballs, pasta with spaghetti sauce and broccoli



- 1 cup whole wheat pasta with spaghetti sauce
- 4 small meatballs
- ½ cup cooked broccoli
- ½ cup milk

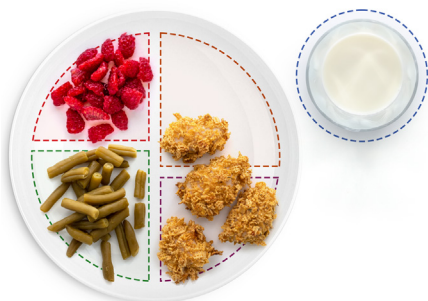
Best Meatballs Ingredients

- 1 pound lean ground beef
- ½ cup dry breadcrumbs (or cracker crumbs or instant oatmeal)
- ¼ cup milk
- ½ tsp salt
- ½ tsp Worcestershire sauce
- ¼ tsp pepper
- 1 small onion, chopped (about ¼ cup)
- 1 large egg
- Optional: to boost healthy flavor, add ½ cup grated zucchini and ½ cup grated carrots to meatballs before baking

Best Meatballs Instructions

Preheat oven to 400 degrees. In a large bowl, mix all ingredients. Shape mixture into 20 1.5" meatballs. Place in ungreased baking pan (13 x 9") or on rack in broiler pan. Bake 20–25 minutes, or until no longer pink in center and thermometer reads 160 degrees Fahrenheit. Great in spaghetti, served over rice or noodles or in a meatball sub sandwich!

Chicken Nuggets, green beans and raspberries



- 3-4 Homemade Chicken Nuggets
- ½ cup canned green beans
- ¼ cup diced raspberries
- ½ cup milk

Homemade Chicken Nuggets Ingredients

- 1 pound skinless, boneless chicken breasts
- 1 cup plain low-fat or nonfat yogurt
- 3 cups Corn Chex cereal, crushed
- 1 teaspoon dried thyme
- ½ teaspoon ground black pepper

Homemade Chicken Nuggets Instructions

Preheat oven to 375 degrees. Lightly grease a cookie sheet with oil. Cut chicken into 1 and ½ inch pieces. Place chicken in a bowl and coat each with yogurt. Mix the cereal, thyme and pepper in a bowl. Roll each chicken piece in the cereal, then place in one layer on the cookie sheet. Bake for 25 minutes, or until meat thermometer inserted in the center of the nuggets reaches 180 degrees.

Adapted from: TexasWIC.org