

Meals from 03/14/15 - 03/14/15

BHa2a's Meals

Your plan is based on a **1400 Calorie** allowance for a preschooler.

Date	Breakfast	Lunch	Dinner	Snacks
03/14/15	<ul style="list-style-type: none"> • ½ cup Honey Nut Cheerios Cereal • 1¼ cup Milk, reduced fat (2%) 	<ul style="list-style-type: none"> • 1 medium (7" to 7-7/8" long) Banana, raw • 5 nugget Chicken nuggets (McDonald's, Weaver Mini Drums, Tyson Chicken Sticks, Carl's Jr. Chicken Stars) • 1 medium (2-3/8" across) Clementine (Cuties), raw • 1 bar (1.1 oz) Kellogg's Nutri-Grain Fruit and Nut Bar 	<ul style="list-style-type: none"> • 1 slice (.75 oz) American cheese, pasteurized processed • 2 regular slice Bread, 100% whole wheat • 1 pat (teaspoon) Butter, stick, salted • 3 baby carrot(s) Carrots, raw • ½ cup Honey Nut Cheerios Cereal • 1¼ cup Milk, reduced fat (2%) • ½ cup Spinach, raw 	<ul style="list-style-type: none"> • 5 medium piece Hard candy (Jolly Rancher, Life Savers, Gob Stoppers, Lollipop)