

Toddler Meal Ideas

PROTEIN/MAIN DISH

Basic Go-To's

Chicken Noodle Soup
 Chicken Nuggets
 Grilled Cheese & Tomato Soup
 Macaroni & Cheese
Options:
with hot dogs and carrots
with tuna and peas
 Pizza
 Veggie Nuggets, Patties, & Tots

Family Favorites

Chili
 French Dips with Roast Beef
 Meatloaf or Meatloaf Muffins
 Pot Roast
 Tuna Casserole
 Veggie Mac and Cheese
 Flatbread with hummus
 Greek Style Chicken
 Pineapple Chicken

Mexican

Bean & Cheese Burrito
 Enchiladas
 Tacos
 Quesadilla

Asian

Chicken Lettuce Cups
 Chow Mein
 Miso Soup with Tofu
 Potstickers
 Stir Fry

Italian

Chicken or Eggplant Parm
 Lasagna
 Meatballs
 Ravioli
 Spaghetti

SIDES

Legumes

Beans (Great as protein or side!)

Grains

Bread, Rolls, Flatbread, Pita, etc.
 Couscous
 Pasta
 Polenta
 Rice
 Quinoa

"Veggie" Sides

Baked Potatoes/Sweet Potatoes
 Cauliflower Mash
 Cauliflower Rice
 French Fries
 Mashed Potatoes
 Veggie Tots
 Veggie Patties

FRUIT

Apple
 Apricots
 Avocado
 Bananas
 Blackberries
 Blueberries
 Cherries
 Cucumber
 Grapes
 Kiwi
 Mango
 Melon
 Oranges
 Peaches
 Pears
 Pineapple
 Plums
 Raspberries
 Strawberries

VEGGIES

Try different preparations!

Roasted, sauteed, breaded & baked

Acorn Squash
 Artichoke
 Asparagus
 Bell Peppers
 Beets
 Bok Choy
 Broccoli
 Brussels Sprouts
 Butternut Squash
 Cabbage
 Carrots
 Cauliflower or Cauliflower Rice
 Celery
 Corn
 Green Beans
 Jicama
 Mushrooms
 Okra
 Peas
 Pumpkin
 Tomatoes
 Salad
 Spaghetti Squash
 Spinach
 Sweet Potatoes

Frozen Veggies