

FOOD MENU FOR TODDLERS

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CARBS

Toast
Oatmeal
Quinoa
Plain or
Buttered Bread
Veggie Rice
Pancakes
Flatbread (Roti)
English Muffin
Bagel
Cheerios
Barley
Brown Rice
Pasta (Mac and
cheese)
Graham Crackers
Waffles
French toast
Pita
Fruit and Vegetable
Banana Muffins
Corn Bread

PROTEINS

Paneer(Cottage
cheese)
Tofu
Cheese spread
Ricotta Cheese
Crumbled Goa
Yogurt
Chicken
Hard-boiled Egg
Scrambled Egg
Hummus
Black Beans
Meatballs
Meatloaf
Tilapia
Salmon
Turkey

Veggies & Fruits

Peaches
Watermelon
Plum
Mango
Banana
Avocado
Potato
Sweet Potato
Applesauce
Strawberries
Blackberries
Blueberries
Spinach
Pears
Peas
Cooked Diced
Apples
Cooked Diced
Carrots
Soups (tomato,
butternut squash)
Mashed Potato
Steamed Broccoli &
Cauliflower