

# FOOD GUIDE FOR TODDLERS

## 12 - 35 Months

You'll probably notice a sharp drop in your toddler's appetite after his first birthday. Suddenly he's [picky](#) about what he eats, turns his head away after just a few bites, or resists coming to the table at mealtimes. It



may seem as if he should be eating more now that he's so active, but there's a [good reason](#) for the change. His growth rate has slowed, and he really doesn't require as much food now.

Lakeland's Little Learners follows the meal pattern guidelines developed by the [USDA's Child and Adult Care Food Program](#). These meal patterns are based on scientific recommendations from the National Academy of Medicine and the American Academy of Pediatrics. Our [toddler and two's menus](#) are based on the guidelines for children between one to two years of age.

If your child is under two, we ask that you complete a [FOOD SURVEY](#) so that staff will be aware of which foods your child has already tried at home. We ask that all new foods be tried first at home. If there is a food that is not directly listed that your child should not have, please list that as well.

**Lakeland's Little Learners**

Per the recommendations from the American Academy of Pediatrics we do serve honey to children over one year of age, and we DO serve other food products containing items that are more likely to be allergenic, such as [peanuts](#), tree nuts, strawberries, eggs, soy, and milk. There is no evidence that waiting to introduce baby-safe (soft), allergy-causing foods, beyond 4 to 6 months of age prevents food allergy.

The [child meal pattern](#) for lunch has 5 general components. The child meal pattern for snack must contain 2 of the 5 listed components. Please note that 100% fruit and vegetable juices may only be served once per day. Unflavored whole milk must be served to children age one. Children 2-5 years old must have unflavored 1% or skim milk. The only milk substitute approved by the USDA is lactose free milk.



Lunch	Snack
4 oz. milk	4 oz. milk
1 serving of protein	1/2 serving of protein
1/8 c. vegetable	1/2 c. vegetable
1/8 c. fruit	1/2 c. fruit
1/2 serving of grain	1/2 serving of grain

If your preference is to have your child follow a different meal pattern, have your pediatrician write a letter with the meal pattern to be followed.

We ask that all food brought from home should be prepared so it is ready to eat. To prevent choking, make sure anything prepared is soft, easy to swallow, and cut into pieces smaller than 1/4 of an inch. Lunches are stored in a non-refrigerated area and are not able to be reheated or cooked.

**References**

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