

# Toddler Meal Schedule for Daycare Centers

## MONDAY

- Breakfast: Oatmeal + banana + milk
- Snack: Papaya cubes
- Lunch: Rice + grilled chicken + carrots & spinach
- Snack: Yogurt + soft fruit
- Snack: Crackers + cheese



## TUESDAY

- Breakfast: Scrambled eggs + whole wheat toast + orange slices
- Snack: Steamed sweet potato
- Lunch: Pasta + tomato sauce + ground beef + broccoli
- Snack: Milk + banana bread
- Snack: Fruit slices + biscuits



## WEDNESDAY

- Breakfast: Rice porridge (bubur ayam) + veggies
- Snack: Watermelon cubes
- Lunch: Rice + fish + sautéed green beans
- Snack: Yogurt smoothie (fruit + milk)
- Snack: Mini sandwich (egg)



## THURSDAY

- Breakfast: Yogurt + soft granola + berries
- Snack: Crackers + cheese
- Lunch: Noodles + tofu + mixed vegetables
- Snack: Boiled corn
- Snack: Fruit + milk



## FRIDAY

- Breakfast: Pancakes + honey + banana + milk
- Snack: Apple slices (softened if needed)
- Lunch: Rice + chicken soup + vegetables
- Snack: Yogurt + granola
- Snack: Biscuits + milk



## SATURDAY

- Breakfast: Scrambled eggs + rice + spinach
- Snack: Banana
- Lunch: Fried rice (mild) + veggies + egg
- Snack: Smoothie (fruit + milk)
- Snack: Crackers + peanut butter

