

toddler meal ideas

Breakfast Ideas

- Toast with cream cheese, peanut butter, cinnamon, honey
- Breakfast sandwiches/burritos
- Hardboiled eggs
- Scrambled eggs
- Waffles
- Pancakes
- Oatmeal
- Bagels
- Muffins
- Fruit
- Avocados
- French Toast
- Eggy Fingers
- Cereal
- Yogurt
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Dinner Ideas

- Fish + veggies
- Chicken + veggies/rice
- Pasta with peas/veggies
- Pasta with olive oil, butter, cheese
- Pasta with any kind of sauce
- Mini pizzas on English muffins
- Roasted veggies
- Roasted sweet potatoes
- Beans
- Rice
- Quinoa
- Spaghetti + salad
- Meatballs
- Baked cheese ravioli
- Meatloaf + veggies
- Soup + sandwiches
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Lunch Ideas

- Sandwiches
- Crackers + tuna salad
- Crackers + chicken salad
- Pita bread + hummus
- Brown rice with beans & cheese
- Pinwheel sandwiches
- Grilled cheese sandwiches
- Avocados
- Fruit
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Snack Ideas

- Triscuits
- Crackers
- Cheese slices
- Fruit
- Avocados
- Hummus + crackers
- Tortilla crisps
- Pinwheel sandwiches
- Rolled up deli meat
- Fruit gummies
- Frozen yogurt sticks
- Yogurt
- Carrots/celery + dip
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