Academy of Nutrition and Dietetics

Client Name _____ **Date** _____

RD/DTR _____

Email _____ **Phone** _____

Sample 1-Day Menu for Children with Failure to Thrive

Breakfast	½ cup oatmeal, cooked in whole milk, with 1 tablespoon brown sugar ½ fresh banana, sliced, with 1 tablespoon peanut butter spread on top 4 ounces whole milk
Snack	2 butter-flavored crackers 1 ounce cheddar or American cheese 4 ounces water or juice
Lunch	½ cup macaroni and cheese, prepared with butter and whole milk ¼ cup carrot sticks with 1 teaspoon ranch dressing dip ½ cup sliced strawberries with 1 teaspoon sugar on top 4 ounces whole milk
Snack	4 ounces whole milk yogurt 1 tablespoons raisins
Evening Meal	2 breaded chicken tenders 1 teaspoon barbecue sauce ¼ cup tater tots ½ cup steamed broccoli with 1 tablespoon shredded cheese 4 ounces whole milk
Snack	4 ounces strawberry Pediasure

Notes:

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