



Sample Menu for Pediatric Patients

This sample menu does not address parenteral nutrition. Advanced dietary issues should be discussed with dietitians on staff if these types of feeding are provided at your facility. The table below is a discussion document for use with your food services and nutrition staff. The following sample diet for pediatric patients lists foods that require the *minimal amount of preparation or power supply to maintain temperature*.

Infants (0-12 months): Infant formula (oral or tube feed) – standard formulas and consider stocking limited amounts of specialty formulas

12 months and older requiring tube feeds (adolescents usually can receive adult tube feed formulations): Resource® Just for Kids, PediaSure®, Nutragen Jr.

Sample Menu for Pediatric Patients

	Day 1	Day 2	Day 3
	Breakfast	Breakfast	Breakfast
0-6 months	Regular or Soy Formula	Regular or Soy Formula	Regular or Soy Formula
6 months – 1 yr.	Baby Cereal	Baby Cereal	Baby Cereal
	Jarred Baby Fruit	Jarred Baby Fruit	Jarred Baby Fruit
	Regular or Soy Formula	Regular or Soy Formula	Regular or Soy Formula
1 yr. and above	Cheerios (or Substitute)	Cheerios (or Substitute)	Cheerios (or Substitute)
	Warm cereal (1-2 years)	Warm cereal (1-2 years)	Warm cereal (1-2 years)
	Powdered Milk (> 2 years)	Powdered Milk (> 2 years)	Powdered Milk (> 2 years)
	Diced Canned Fruit	Diced Canned Fruit	Diced Canned Fruit
	Lunch	Lunch	Lunch
0-6 months	Regular or Soy Formula	Regular or Soy Formula	Regular or Soy Formula
6 months – 1 yr.	Jarred Baby Meat	Jarred Baby Meat	Jarred Baby Meat
	Jarred Baby Vegetable	Jarred Baby Vegetable	Jarred Baby Vegetable
	Jarred Baby Fruit	Jarred Baby Fruit	Jarred Baby Fruit
	Regular or Soy Formula	Regular or Soy Formula	Regular or Soy Formula

SAMPLE MENU

	Day 1	Day 2	Day 3
1 yr. – 2 yrs.	Cream Cheese/Jelly Sandwich	Macaroni and Cheese	Cheese Wiz©
	Jarred Baby Vegetable	Jarred Baby Vegetable	Jarred Baby Vegetable
	Diced Peaches	Diced Pears	Diced Fruit Cocktail
	Bread/Crackers	Bread/Crackers	Bread/Crackers
	Warm Cereal	Warm Cereal	Warm Cereal
2 yrs. plus	Cream Cheese/Jelly Sandwich	Macaroni and Cheese	Peanut Butter/Jelly Sandwich ¹
	Diced Peaches	Diced Pears	Diced Fruit Cocktail
	Graham Crackers	Graham Crackers	Graham Crackers
	Powdered Milk	Powdered Milk	Powdered Milk
	Dinner	Dinner	Dinner
0-6 months	Regular or Soy Formula	Regular or Soy Formula	Regular or Soy Formula
6 months – 1 yr.	Jarred Baby Meat	Jarred Baby Meat	Jarred Baby Meat
	Jarred Baby Vegetable	Jarred Baby Vegetable	Jarred Baby Vegetable
	Jarred Baby Fruit	Jarred Baby Fruit	Jarred Baby Fruit
	Regular or Soy Formula	Regular or Soy Formula	Regular or Soy Formula
1 yr. – 2 yrs.	Cheese Slices – Chopped	Canned Chicken - Chopped	Cheese Ravioli
	Jarred Baby Vegetable	Jarred Baby Vegetable	Jarred Baby Vegetable
	Applesauce	Bananas	Baby Fruit
	Bread/Crackers	Bread/Crackers	Bread/Crackers
	Warm Cereal	Warm Cereal	Warm Cereal
2 yrs. plus	Cheese Sandwich	Canned Chicken Sandwich	Cheese Ravioli
	Diced Fruit Cocktail	Diced Peaches	Diced Pears
	Graham Crackers	Graham Crackers	Graham Crackers
	Powdered Milk	Powdered Milk	Powdered Milk

¹ Watch for symptoms of rare incidence of peanut allergy