**Quick Meals & Snack Ideas for Toddlers**

**Toddler Breakfasts**

* Mini pancakes or waffles (add fruit on top).
* Scrambled eggs with toast fingers.
* Greek yogurt with mashed berries.
* Oatmeal with banana or applesauce stirred in.
* Mini muffins (banana, zucchini, or blueberry).
* Toast with cream cheese or nut butter (thin layer).

**Toddler Lunch & Dinner**

* Macaroni and cheese with peas or broccoli mixed in.
* Cheese quesadilla cut into small wedges.
* Mini pasta shells with tomato sauce and shredded cheese.
* Chicken or veggie nuggets with steamed carrots.
* Mini pita bread with hummus and cucumber sticks.
* Grilled cheese with tomato soup.
* Rice with scrambled egg and peas (toddler fried rice).

**Toddler Snacks**

* Apple slices or thin wedges (peeled if needed).
* Banana coins or mashed banana.
* Cheese cubes or shredded cheese.
* Yogurt pouches or cups.
* Cucumber or zucchini sticks (softened if needed).
* Rice cakes or soft crackers.
* Berries (blueberries halved if small child).
* Mini sandwiches with peanut butter, butter, or cream cheese.

**Toddler Meal Tips**

• Keep portions small (toddlers prefer multiple small servings).

• Pair a familiar food with a new one to reduce mealtime battles.

 • Cut food into safe sizes (avoid choking hazards like whole grapes or large chunks).

• Offer water with meals (milk or juice can fill them up too fast).

• Repeat favorites (toddlers thrive on predictable foods).