## Sample Menus for Children (4 to 8 years old)

Item	Calories	Sodium (mg)
Sample Daily Menu #1 (high sodium)		
Rice Krispies with banana, 1% milk	360	) 444
Grilled cheese sandwich, Campbell's Goldfish Pasta with Meatballs Soup, 1% milk	624	4 2,062
Kid Cuisine Chicken Strips meal, apple juice	527	7 727
Totals	1,511	3,233
Sample Daily Menu #2 (high sodium)		
Pillsbury Dunkables Blueberry Waffle Sticks with syrup, orange juice	452	622
Wendy's Kid's Meal Turkey & Cheese sandwich, French fries, 2% milk	650	1,305
Hot dog with ketchup on bun, Ore-Ida Tater Tots, 1% milk	548	3 1,424
Totals	1,650	3,351
Sample Daily Menu #3 (high sodium)		
Kellogg's Frosted Blueberry Pop Tart, 1% milk	302	2 293
Oscar Mayer Lunchables Ham & Swiss, brownie, diet soda	567	7 1,296
Banquet Chicken Nuggets, Kraft Spiderman Macaroni & Cheese, 1% milk	672	2 1,173
Totals	1,541	2,762
Sample Daily Menu (low sodium)		
Oatmeal with raisins, banana, orange juice	408	3 7
Peanut butter & jelly sandwich, fruit leather, sliced apple, 1% milk	664	1 564
Whole Grain Fig Newtons, 1% milk	212	2 238
Roast chicken drumstick, sweet potato, water	226	5 57
Totals	1,510	866

Sources: USDA, Companies. Low-active children should consume 1,400 to 1,600 calories per day, according to USDA's Center for Food & Nutrition Policy.