



Name of child: _____ Date of Birth: _____

Please check off all foods your child has had outside the center. We will continue the list as your child ages.

Dairy Products

- American Cheese
- Cheddar Cheese
- Cottage Cheese
- Cream Cheese
- Eggs
- Margarine/ Butter
- Mozzarella Cheese
- Parmesan Cheese
- Yogurt

Liquids:

- Breastmilk
- Cow's milk
- Formula
- Juice(s)
- Rice Milk
- Water

Meat/ Protein:

- Beef
- Chicken
- Fish Sticks
- Ham
- Pork
- Turkey
- Sun Butter

Infant Cereal

- Oatmeal
- Multi grain
- Rice

Grains

- Animal Crackers
- Bagels
- Banana Bread
- Biter Biscuits
- Cheerios
- Cheez-Its
- Corn Flakes
- Club Crackers
- Crispix
- English Muffins
- Fig Newton's
- French Toast
- Gerber Puffs
- Graham crackers
- Kix
- Muffins
- Nilla Wafers
- Whole Wheat Bread
- Pancakes
- Rice
- Rice Chex
- Rice Krispies
- Ritz Crackers
- Wheat Pasta
- Saltine Crackers
- Tortillas
- Waffles
- Wheat Pasta

Fruits

- Apples
- Applesauce
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Grapes (cut)
- Honey Dew Melon
- Kiwi
- Mandarin Oranges
- Mangoes
- Oranges
- Peaches
- Pears
- Pineapple
- Prunes
- Raspberries
- Strawberries
- Watermelon

Vegetables

- Asparagus
- Avocados
- Broccoli
- Brussel Sprouts
- Carrots (cooked)
- Cauliflower
- Corn
- Cucumbers
- Green Beans

- Onions
- Peas
- Peppers
- Potatoes
- Spinach
- Summer Squash
- Sweet Potato
- Tomatoes
- Winter Squash
- Zucchini

Miscellaneous

- Ketchup
- Frostings
- Ranch Dressing
- Pizza Sauce
- BBQ Sauce
- Mustard
- Mayonnaise
- Syrup
- Italian Seasoning
- Strawberry Jelly
- Grape Jelly

Other:

