

# Infant Menu Items

Child's Name: \_\_\_\_\_

Option 1: My child can be served ALL of the table foods on this list.

Option 2: My child can be served ONLY the following highlighted/underlined foods.

## Entrees:

- taco (meat only)
- sloppy joes (beef)
- chicken and cheese quesadillas
- turkey
- honey ham
- chicken nuggets
- cheese pizza
- pasta/bolognese sauce
- pasta/marinara sauce
- pasta/tomato basil sauce
- meatballs
- plain pasta
- mac and cheese
- pancakes
- cinn French toast sticks
- turkey sausage
- cider glazed chicken
- turkey and cream cheese roll up
- bbq chicken
- chicken salad

## Sides:

- sliced cheese
- tater tots
- potato salad
- sweet potato fries
- whipped/mashed potatoes
- whipped sweet potatoes
- brown rice
- French bread
- (soft) hamburger bun
- tortilla

## Snacks:

- cheerios
- butter crackers (like "ritz")
- graham crackers
- cinnamon graham crackers
- bunny gram crackers (like "teddy grahams")
- cheddar bunnies (like "goldfish")
- veggie chips
- cheese cubes
- yogurt (strawberry)
- cottage cheese
- turkey deli slices
- bread with jelly
- bread with soy butter
- mini muffins (assorted)
- hummus
- pita bread
- bread sticks
- rice pudding
- whipped yogurt/blueberry

## Fruits:

- pears
- peaches
- bananas
- watermelon
- cantaloupe
- honeydew melon
- applesauce
- pearsauce

## Steamed Vegetables:

- green beans
- broccoli
- cauliflower
- carrots
- peas

## Beverages:

Please serve my child WHOLE MILK at the following times:

\_\_\_\_\_am snack \_\_\_\_\_lunch \_\_\_\_\_pm snack \_\_\_\_\_None

Other: (specify) \_\_\_\_\_

Please avoid the following foods due to allergies or personal or religious reasons:

\_\_\_\_\_

Note: all food served to all infants will be chopped or diced unless parent specifies.

**Please DATE when updated:**