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| **FRUIT** | **VEGETABLES** | **GRAINS** | **MEAT/ MEAT ALTERNATIVE** | **MILK/DAIRY** | **OTHER** |
| Apple \_\_\_\_\_\_\_  Applesauce \_\_\_\_\_\_\_  Apricot \_\_\_\_\_\_\_  Bananas \_\_\_\_\_\_\_  Cherry \_\_\_\_\_\_\_  Grapes \_\_\_\_\_\_\_  Kiwi \_\_\_\_\_\_\_  Mango \_\_\_\_\_\_\_  Oranges \_\_\_\_\_\_\_  Peaches \_\_\_\_\_\_\_  Pears \_\_\_\_\_\_\_  Pineapple \_\_\_\_\_\_\_  Plums \_\_\_\_\_\_\_  Watermelon \_\_\_\_\_\_\_  Honey dew \_\_\_\_\_\_\_  Cantaloupe \_\_\_\_\_\_\_  Blueberries \_\_\_\_\_\_\_  Strawberries \_\_\_\_\_\_\_  Raspberries \_\_\_\_\_\_\_  Blackberries \_\_\_\_\_\_\_ | Asparagus \_\_\_\_\_\_\_  Avocado \_\_\_\_\_\_\_  Beets \_\_\_\_\_\_\_  Broccoli \_\_\_\_\_\_\_  Cabbage \_\_\_\_\_\_\_  Carrots \_\_\_\_\_\_\_  Cauliflower \_\_\_\_\_\_\_  Celery \_\_\_\_\_\_\_  Corn \_\_\_\_\_\_\_  Cucumber \_\_\_\_\_\_\_  Green Beans\_\_\_\_\_\_\_  Kale \_\_\_\_\_\_\_  Onion \_\_\_\_\_\_\_  Peas, green \_\_\_\_\_\_\_  Peas, snap \_\_\_\_\_\_\_  Potato \_\_\_\_\_\_\_  Bell Pepper \_\_\_\_\_\_\_  Spinach \_\_\_\_\_\_\_  Swt Potato \_\_\_\_\_\_\_  Squash \_\_\_\_\_\_\_  Tomato \_\_\_\_\_\_\_  Zucchini \_\_\_\_\_\_\_ | Iron Fortified Infant Cereal \_\_\_\_\_\_\_  *circle one*:  (Oat, Rice, Multigrain)  Bread \_\_\_\_\_\_\_  Bagel \_\_\_\_\_\_\_  Barley \_\_\_\_\_\_\_  Corn Bread \_\_\_\_\_\_\_  Cous-Cous \_\_\_\_\_\_\_  Crackers \_\_\_\_\_\_\_  Cream of Wheat\_\_\_\_\_\_\_  Dry Cereal \_\_\_\_\_\_\_  English Muffin \_\_\_\_\_\_\_  French Toast \_\_\_\_\_\_\_  Muffin \_\_\_\_\_\_\_  Oatmeal \_\_\_\_\_\_\_  Pasta \_\_\_\_\_\_\_  Pancakes \_\_\_\_\_\_\_  Quinoa \_\_\_\_\_\_\_  Rice \_\_\_\_\_\_\_  Flour Tortilla \_\_\_\_\_\_\_  Waffles \_\_\_\_\_\_\_  ­Zwieback Toast \_\_\_\_\_\_\_ | Baked Beans \_\_\_\_\_\_\_  Beans \_\_\_\_\_\_\_  (pinto, black, white)  Hummus \_\_\_\_\_\_\_\_  Beef \_\_\_\_\_\_\_  Chicken \_\_\_\_\_\_\_  Turkey \_\_\_\_\_\_\_  Cheese \_\_\_\_\_\_\_  Cottage cheese \_\_\_\_\_\_\_  Eggs \_\_\_\_\_\_\_  Fish:  Haddock \_\_\_\_\_\_\_  Salmon \_\_\_\_\_\_\_  Tuna \_\_\_\_\_\_\_  Nut/Seed Butter:  Peanut \_\_\_\_\_\_\_  Sunflower seed \_\_\_\_\_\_\_ | Whole Milk \_\_\_\_\_\_  (after 1st Birthday)  Soy \_\_\_\_\_\_\_\_\_\_\_\_\_  Yogurt \_\_\_\_\_\_\_\_\_\_  Cream Cheese\_\_\_\_\_\_ | Jam/Jelly \_\_\_\_\_\_  Butter \_\_\_\_\_\_  Ketchup ­­­­­­­\_\_\_\_\_\_  Tartar Sauce \_\_\_\_\_\_  Maple Syrup \_\_\_\_\_\_ |

**Textures OK to be served:** Pureed Only Mashed Food Finely Chopped

Additional Information regarding diet you feel would be helpful: The institution is an equal opportunity provider.