|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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.