

Infant and Crawler Food Sheet

Child's Name: _____

Classroom: _____

Date: _____

Infant/Pureed Foods	Table Foods	Canned Foods	Fresh Fruit & Vegetables
Milk Products <small>(All Milk Provided by Parent Except Whole Milk)</small>	1st Finger Tables	Fruits	Fruits
Formula	Crunchies	Pears	Banana
Breast Milk	Puffs	Peaches	Strawberries
Whole Milk	Mum-mums	Mixed Fruits	Cantaloupe
Coconut Milk	Wagon Wheels	Pineapple	Honeydew
Almond Milk		Mandarin Oranges	
Cashew Milk		Applesauce	Vegetables
Rice Milk			Jicama
Cottage Cheese	Cereal	Vegetables	Cucumber
String Cheese	Corn Flakes	Carrots	Corn
Yogurt	Cheerios	Baked Beans	Zucchini
	Rice Chex	Green Beans	Carrots
Pureed Foods	Rice Krispies	Peas	Green Beans
Rice Cereal		Corn	Broccoli
Oatmeal Cereal	Crackers/Grains	Meats <small>(Chopped into bite sized pieces)</small>	Salsa
Multigrain Cereal	Goldfish	Turkey	Hummus
Green Beans	Graham Crackers	Chicken	
Carrots	Rice Krispy Bars	Beef	Please list other approved foods that are not listed: _____ _____ _____ _____
Peas	Pretzels	Ham/Turkey (Deli Meat)	
Sweet Potatoes	Bagel	Pizza (Pep/Cheese)	
Squash	Muffin		
Mixed Veggies	Bread/Buns	Allergies: Foods to Avoid: (Personal Preference)	
Apples	Pancakes		
Banana	Cupcakes		
Peaches	Cookies		
Mango	French Toast		
Strawberries	Pancakes		
Pears	Pasta		
Apricot	Rice		
Blueberries	Fried Rice		
Spinach	Veggie Straws		
Prunes	Mashed Potatoes		
Avocado	Tortilla		
All Pureed Foods Acceptable	All Table Foods Acceptable		

I have tried the above foods and give permissions for them to be given to my child.

I understand that this list is not inclusive; therefore, I give permission for any foods/combinations of foods brought in from home to be given as well.

Parent/Guardian Signature

Date