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|  |  |  | **Add date next to each food that the family has tried at home and the center can now offer in class. Foods will be prepared based on development.** | |
| \_\_\_\_\_\_\_ Iron Fortified Infant Cereal  Meat (cooked or jar)  \_\_\_\_\_\_\_ Chicken  \_\_\_\_\_\_\_ Turkey  \_\_\_\_\_\_\_ Beef  \_\_\_\_\_\_\_ Pork  \_\_\_\_\_\_\_ Yogurt  \_\_\_\_\_\_\_ Cottage Cheese  \_\_\_\_\_\_\_ Hard cheese (cheddar)  \_\_\_\_\_\_\_ Beans (refried, black, pinto etc.)  \_\_\_\_\_\_\_ Tortilla  \_\_\_\_\_\_\_ Bread (English muffin/bagel/bread)  \_\_\_\_\_\_\_ Crackers  \_\_\_\_\_\_\_ Ready to eat cereal (Kix, cheerios)  \_\_\_\_\_\_\_ Brown Rice  \_\_\_\_\_\_\_ Cream Cheese  \_\_\_\_\_\_\_ Whole milk | \_\_\_\_\_\_\_ Carrots  \_\_\_\_\_\_\_ Green Beans  \_\_\_\_\_\_\_ Peas  \_\_\_\_\_\_\_ Potatoes/sweet potatoes  \_\_\_\_\_\_\_ Squash  \_\_\_\_\_\_\_ Applesauce  \_\_\_\_\_\_\_ Apples  \_\_\_\_\_\_\_ Bananas  \_\_\_\_\_\_\_ Peaches  \_\_\_\_\_\_\_ Pears  \_\_\_\_\_\_\_ Strawberries  \_\_\_\_\_\_\_ Blueberries  \_\_\_\_\_\_\_ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 11 months-What type of liquid milk will the child receive in class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \*Lactose Free or Soy needs a milk accommodation form. Any other kind of milk needs a special diet accommodation form. These forms must be completed around 11 months by the Family Advocate after teacher has discussed options with family. The child should be drinking liquid milk/milk alternate on the child’s 1st date of birth. | |