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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 CerealMeat (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.  |