

Child's Name: _____

Please circle the food items that your child CAN eat.

Ritz crackers

Apple juice

Gold fish

Cereal (ie. Cheerios, Chex, Kix, Fruit Loops)

Cheez its

Apple Sauce

Saltines

Jelly

Graham Crackers

Vegetables (Carrots, peppers, cucumbers)

Jell-O

Pudding

Aunt Jemima Pancake mix

Aunt Jemima Pancake syrup

Kraft marshmallows

Hummus

Edy's Vanilla Ice Cream

Hershey's Chocolate Syrup

Cool Whip

Frito's

Fruit (apples, bananas, pineapple, pears, watermelon, cantaloupe, blueberries, strawberries)

Parent/Guardian Signature: _____

Date: _____

