

Date: _____ Child's Name _____

Dear Parents,

In order to serve snack at EBJ, teachers need to know what foods the child has tasted. The child should not have his or her first taste of a particular food for the first time in the program. He or she should have tried it at home. This is very important when your child is young.

Please simply check off the food which your child has tasted and update occasionally. The teacher will keep the lists handy.

As always, let the teachers and the nurse know if there are any foods to which your child has had an allergic reaction or which you prefer your child doesn't eat.

Thank you!

Please check

apples		lemons	
bagels		lettuces	
bananas		maple syrup	
blackberries		milk	
blueberries		nectarines	
bread - whole wheat		oats	
bread - multi-grain		pancakes	
butter		peas	
cantaloupe		peaches	
carrots		pears	
cereals		peppers, green	
cheese - cow		peppers, red	
cheese - goat		pirates booty	
cinnamon		pineapple	
clementines		plums	
corn		pretzels	
crackers - wheat		pumpkin	
cream cheese		raisins	
cucumbers		raspberries	
edamane (soy beans)		rice cakes	
eggs, baked in something		spinach	
eggs, cooked/boiled		strawberries	
eggs, scrambled		sweet potatoes	
english muffins		tomatoes	
ginger		waffles	
grape jelly		watermelon	
grapes		whole wheat bread	
green beans		yogurt	
honey			
honeydew			
hummus/garlic			
kiwi			