

ST. KNOX

A C A D E M Y

AN ACADEMIC DAYCARE

Infant Food List

Child's Name: _____ Date: _____

GRAINS:

_____ Rice
_____ Pasta
_____ Bread
_____ Barley
_____ Cheerios
_____ Oatmeal

FRUIT:

_____ Pears
_____ Apples
_____ Mango
_____ Prunes
_____ Apricots
_____ Peaches

_____ Bananas
_____ Cherries
_____ Blueberries
_____ Cantaloupe
_____ Blackberries
_____ Strawberries

VEGETABLES:

_____ Peas
_____ Corn
_____ Beets
_____ Squash
_____ Carrots
_____ Spinach

_____ Avocado
_____ Cabbage
_____ Pumpkin
_____ Broccoli
_____ Zucchini
_____ Potatoes

_____ Asparagus
_____ Cucumber
_____ Cauliflower
_____ Green Beans
_____ Sweet Potatoes

MEAT:

_____ Fish
_____ Beef
_____ Turkey
_____ Chicken

DAIRY:

_____ Yogurt
_____ Cheese
_____ Whole Milk
_____ Cottage Cheese