Child’s Name:

Date:

FOOD INVENTORY

**Instructions:** Check off any food that your child would easily accept to eat if it was served at the specified mealtime. Several items are listed under lunch and supper. Only check off the items in both places if your child would be served these foods at both meals. For example, if your child would eat peaches at lunch but it would not be served a part of supper, then check off peaches only under lunch. The “Seasonings and Condiments” section describes flavors your child would eat at any meal.

**Breakfast**

cereal, cold English muffin

jelly

home fries

cereal, hot

bagels

eggs

ketchup

milk muffins

bacon

pancakes

juice Danish, donuts sausage waffles

water

breakfast drink

cream cheese

jam

ham French toast

toast

List specific types of foods, (e.g., oatmeal, cheerios, apple juice, strawberry milk)

List specific brands if your child will eat one kind of a specific food

List any items your child prefers that are not listed above

**Lunch**

pasta w/butter sandwich, cheese

orange

cucumber

pasta w/ cheese

pasta w/tomato sauce

nachos

chili

peanut butter & jelly

peanut butter & fluff

peanut butter

French fries

peaches

fruit rollup

pineapple

fruit cocktail

peas

tomato

corn

pickles

pizza

potato salad

applesauce milk

hot dogs

coleslaw

yogurt

juice

hamburgers

chicken nuggets

tuna fish

bologna

soups, stews

sandwich, deli

pretzels

chips

cookies

crackers

apples

banana

cottage cheese soda

pudding water

jello

carrots

celery

lettuce

List specific types of foods (e.g., ham sandwich, saltines, chicken soup)

List specific brands if your child will eat only one kind of a specific food

List any items your child prefers that are not listed above

Are there smells of certain foods that bother your child? Does your child have a preference for food temperatures?

**Supper**

steak

roast beef

pasta w/ cheese

pasta w/ tom sauce

celery

lettuce

banana

juice

pork roast

lamb

lasagna

rice

tomato milk

green beans soda

hotdogs couscous sweet peppers water

hamburgers

ground beef

beans mushrooms

French fries spinach

cake

pie

chicken nuggets mashed potatoes

peas

pudding

chicken

fish

baked potatoes summer squash

tater tots winter squash

jello

yogurt

nachos

soup, stews

pasta w/ butter

cheese

cottage cheese

carrots

applesauce

fruit cocktail

peaches

cookies

ice cream

List specific types of foods (e.g., brown rice, swordfish, pepperoni pizza, Coca-Cola)

List specific brands if your child will eat only one kind of a specific food

List any item your child prefers that are not listed above

**Snacks**

corn chips

popcorn

yogurt milk

potato chips

fresh fruit

cheese

juice

pretzels

fruit rollups

ice cream soda

crackers

nuts

fresh vegetables sour candy

chocolate sweet candy

List specific types of foods, e.g., tortilla chips, goldfish, fudgecicle, etc.

List specific brands if your child will eat only one kind of a specific food

List any items your child prefers that are not listed above

**Seasonings and Condiments**

ketchup

lime juice

paprika

hot pepper

mustard vinegar

basil

horseradish

soy sauce salad dressing

barbecue sauce mayonnaise

curry salt

ginger

salsa

Worcestershire

relish

lemon juice

olives

pickles

parsley

oregano

cinnamon

onion

garlic

black pepper

Other