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 | [ ]  Cream Cheese | [ ]  Ham | [ ]  French Toast |
| [ ]  Breakfast Drink | [ ]  Jam | [ ]  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 | [ ]  Peanut Butter & Jelly | [ ]  Peaches | [ ]  Peas |
| [ ]  Pasta W/Tomato Sauce | [ ]  Peanut Butter & Fluff | [ ]  Fruit Rollup | [ ]  Tomato |
| [ ]  Nachos | [ ]  Peanut Butter | [ ]  Pineapple | [ ]  Corn |
| [ ]  Chili | [ ]  French Fries | [ ]  Fruit Cocktail | [ ]  Pickles |
| [ ]  Pizza | [ ]  Potato Salad | [ ]  Applesauce | [ ]  Milk |
| [ ]  Hot Dogs | [ ]  Coleslaw | [ ]  Yogurt | [ ]  Juice |
| [ ]  Hamburgers | [ ]  Pretzels | [ ]  Cottage Cheese | [ ]  Soda |
| [ ]  Chicken Nuggets | [ ]  Chips | [ ]  Pudding | [ ]  Water |
| [ ]  Tuna Fish | [ ]  Cookies | [ ]  Jello |  |
| [ ]  Bologna | [ ]  Crackers | [ ]  Carrots |  |
| [ ]  Soups, Stews | [ ]  Apples | [ ]  Celery |  |
| [ ]  Sandwich, Deli | [ ]  Banana | [ ]  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 | [ ]  Pasta W/ Cheese | [ ]  Celery | [ ]  Banana |
| [ ]  Roast Beef | [ ]  Pasta W/ Tom Sauce | [ ]  Lettuce | [ ]  Juice |
| [ ]  Pork Roast | [ ]  Lasagna | [ ]  Tomato | [ ]  Milk |
| [ ]  Lamb | [ ]  Rice | [ ]  Green Beans | [ ]  Soda |
| [ ]  Hotdogs | [ ]  Couscous | [ ]  Sweet Peppers | [ ]  Water |
| [ ]  Hamburgers | [ ]  Beans | [ ]  Mushrooms | [ ]  Cake |
| [ ]  Ground Beef | [ ]  French Fries | [ ]  Spinach | [ ]  Pie |
| [ ]  Chicken Nuggets | [ ]  Mashed Potatoes | [ ]  Peas | [ ]  Pudding |
| [ ]  Chicken | [ ]  Baked Potatoes | [ ]  Summer Squash | [ ]  Jello |
| [ ]  Fish | [ ]  Tater Tots | [ ]  Winter Squash | [ ]  Yogurt |
| [ ]  Nachos | [ ]  Cheese | [ ]  Applesauce | [ ]  Cookies |
| [ ]  Soup, Stews | [ ]  Cottage Cheese | [ ]  Fruit Cocktail | [ ]  Ice Cream |
| [ ]  Pasta W/ Butter | [ ]  Carrots | [ ]  Peaches |  |

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 | [ ]  Fresh Vegetables | [ ]  Sour Candy |  |
| [ ]  Nuts | [ ]  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 | [ ]  Curry | [ ]  Salt |
| [ ]  Barbecue Sauce | [ ]  Mayonnaise | [ ]  Ginger |  |
| [ ]  Salsa | [ ]  Olives | [ ]  Cinnamon |  |
| [ ]  Worcestershire | [ ]  Pickles | [ ]  Onion |  |
| [ ]  Relish | [ ]  Parsley | [ ]  Garlic |  |
| [ ]  Lemon Juice | [ ]  Oregano | [ ]  Black Pepper |  |

Other: