**FINGER FOODS**

 Starting finger foods is a big step in a child’s life. Although they are messier and more time consuming than baby foods, we encourage finger foods as a means of developing independence and self esteem. We want to make eating a positive experience for the children. Lunch in the infant room can be very messy, but we want to provide a relaxed atmosphere, allow the children time to feed themselves and assure them that accidents do happen. Everything is very easily cleaned up!

 We are including a list of finger foods which we have found to be favorites in our room and will also help to provide you with some ideas for a variety of age appropriate lunches. To decrease frustration, please make sure your child’s finger food is easy to grasp and pick up and is sized to prevent choking.

 Any questions concerning the food list or the cutting of the food, etc. please feel free to ask us and we will try to answer them for you.

 **FINGER FOOD SUGGESTIONS**

**Sandwiches**:

 Cream cheese and jelly

Egg salad Grilled Cheese

Lunch meat with or without cheese Jelly sandwich

 —ham, turkey, roast beef, bologna

**Other Main Courses:**

Vienna sausages (cut-up) Hot dogs (cut-up)

Lunch meat roll-ups Cheese slices, Cheese sticks(sliced in cooked pasta quarters or pulled apart)

Saltines 0r Ritz Fish sticks

Oddles of Noodles Chicken Nuggets or “drumsticks”

Chinese noodles—Lo Mein Eggs scrambled or hard boiled

Meatballs Pizza

Macaroni and cheese Meatloaf

 Cut up chicken, ham, beef, pork

**Vegetables:**

Peas (cut in half)

Green Beans

Cauliflower (cooked)

Potatoes no skins

Carrot sticks or cubes (cooked)

Broccoli

**Fruits:**

Apples (peeled and sliced) Bananas

Mandarin orange slices Canned pears, peaches

Seedless grapes (cut in quarters) Fruit cocktail

Strawberries Watermelon (cut in chunks)

Cantaloupe (cut in chunks) Pineapple (cut in chunks)

Cherries (cut in chunks)

Blueberries

**Desserts:**

Pepperidge Farm goldfish Cheese Nips

Dry cereal Cereal Bars

Crackers, cookies, animal crackers

**NUT FREE SCHOOL**