



# Food Restriction Form

## ZADIE'S™ HOME-COOKED MEALS

Please Print Clearly

**CHILD'S NAME:** \_\_\_\_\_ **BIRTH DATE:** \_\_\_\_\_

**PARENT'S SIGNATURE:** \_\_\_\_\_

**FOOD ALLERGIES:** \_\_\_\_\_

To ensure that your child is not given any food that you have not previously approved, we ask that you review the food list below and circle any foods that your child CANNOT eat for religious reasons.

If your child follows a vegetarian diet or has numerous food allergies you must provide your child food from home.

### BREAKFAST FOODS

Oatmeal	Eggs	Beef/Turkey Sausage	Waffles
French Toast	Cheerios	Grits	Syrup

### LUNCH FOODS

Fish Sticks	Chicken Strips	Baked Chicken	Beef/ Turkey Meatballs
Baked French Fries	Mac and Cheese	Corn	Chicken/ Beef Gravy
Spaghetti	Mashed Potatoes	Beef Ravioli	Beefaroni
Green Beans	Broccoli	Cauliflower	Rice
Potato Tots	Carrots	Sweet Potato Fries	Barbecue Sauce
Lasagna	Teriyaki Sauce	Ketchup	Mayonnaise

### SNACK FOODS

Apple Sauce	Peaches (in light syrup)	Cheese	Pretzels
Yogurt	Animal Crackers	Pineapple	Fruit Cocktail
Gold Fish	Sliced Pears	Jell-o	Bananas
Celery Stick	Cream Cheese	Veggie Straws	Crackers