

# Popular Foods for Older Infants and Toddlers

*(-as collected by your LSA Infant and Toddler Teachers)*

From around the age of 6 months, Babies and toddlers need foods from all five healthy food groups – vegetables, fruit, grain foods, dairy and protein

Please note: Make sure anything you give your child is mashed or cut into small, easily chewable pieces.

Feel free to send in leftovers from dinner the night before!!

Pancakes/ Waffles

Cereal

Eggs- hardboiled/ scrambled

Yogurt

Applesauce

Banana- a favorite!

Strawberries

Blueberries

Raspberries

Melons

Sandwiches

Cheese

Lunchmeat

Meatballs

Pasta/ ravioli

Macaroni and cheese

Grilled cheese sandwich

Flavored noodles/ rice

Cereal/ protein bars

Potatoes

Cooked veggies

Drained soups/ stews

Chicken (small pieces) or nuggets

Ground beef

Fruit cup

Breads

Pizza (cut small)

Pita/ hummus

Muffins/ breads

Quesadillas

Snacks- crackers, goldfish, cheerios, graham crackers, veggie straws/ chips, animal crackers