

Dor Hadash Early Childhood Educational Center

Foods offered to the children during the day

Dear parent:

Dor Hadash makes it a point to follow a healthy diet and educate the children about that. The children will be offered every morning: a protein, a vegetable or a fruit and a carbohydrate.

Please **cross out** any food that you would prefer that your child **not** ingest.

Whole wheat bread
Graham crackers
Whole wheat animal crackers
French toast
Scrambled eggs
Boiled eggs
Pancakes
White spreadable cheese
Yellow cheese (Gouda, cheddar, mozzarella, etc)
Tuna salad
Cucumbers
Tomatoes
Apples
Bananas
Oranges
Pears
Melon
Peaches
Watermelon
Strawberries (possible allergen)
Boiled carrots
Oatmeal
Avocado
Yogurt
Reduced sugar Jam
Spinach
Honey (possible allergen)
Cooked corn
Yams
Olives
Applesauce

We appreciate your cooperation in helping with the safety of your children.

Viviana Resnick, Director

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