

Tasting Tray Food Chart

Fruit	Vegetable	Dairy/Protein	Grain	Dips/Spreads*
apple	carrots	cheese	bread pieces	peanut butter
pear	peas	yogurt bites	tortillas	hummus
berries	corn	deli meat	Cheerios/Kix	ranch dressing
Mandarin oranges	cucumber	diced chicken	Goldfish crackers	yogurt
grapes	sweet potato	scrambled egg	pretzels	cottage cheese
cherry tomatoes	broccoli	hard-boiled egg	multi-grain crackers	applesauce
pineapple	green beans	chick peas	bite-size pasta	cream cheese
peach	avocado	beans	pancakes, waffles, etc.	
nectarine	zucchini	meatballs	graham crackers	
raisins/Craisins	olives	leftover pot roast, pulled pork, etc.	mini-bagels	
banana		nuts	pita bread	
melon			fruit/veg bread, muffins (e.g. – banana)	
			popcorn (plain)	

*It can be fun to make peanut butter sandwich bites, bagel bits with cream cheese, or pita strips with hummus. My kids also LOVE to dip things, so sometimes I'll reserve one compartment for some kind of dip (yogurt for fruit, ranch for veggies, etc.)

