

French Fries

Regular, Crinkle, Waffle, shoe string, curly, steak fries, oven baked, wedges

Add salt, pepper, spices, Sweet potato fries,

Tater tots, home fries, hash browns

Try different style/cut of fries- thin, steak, waffle

Try tater tots, hash browns, sweet potato fries

Try dipping sauces

Try from different places

White Rice

Types- Long grain, white, brown, pilaf, wild rice, jasmine, basmati, risotto, cous cous, pearled cous cous, Orzo, quinoa, Tabouleh,

Flavors- sat/pepper, garlic, Broccoli and cheddar, chicken, mushroom, beef, butter, Spanish rice, Mexican rice, taco rice, teriyaki, fried rice, rice pilaf, curry,

Add- butter, oil, spices, veggies, meat, beans, garlic, onion,

Products- Knorr rice sides, Uncle Bens, Near east,

Pancakes

Try different brands and restaurants

Use cookie cutter to change the shapes

Try adding flavor to batter (cinnamon, sugar, maple syrup, mix in a small amount of jelly or fruit puree)

Then try adding preferred toppings- PB and/or honey, Nutella, sprinkles, whipped cream, etc.

Try french toast sticks, French toast, waffles, crepes, potato pancakes

Breads

Sliced- White, wheat, cinnamon raisin, whole grain, multi grain, honey wheat

Variations- roll, bun, bagel, baguette, pizza crust, pita, tortilla, croissants, mini bagels, toasted bread, English muffins, stuffing, muffins, cinnamon rolls, cakes, crackers, muffins, etc.

Pizza

Thick crust, thin crust, stuffed crust, personal pizza, whole wheat dough, French bread, flat bread, pita bread, etc.

Toppings- anything! Pepperoni, hamburger, meatball, chicken, chicken strips, chicken nuggets, bacon strips, crumbled bacon, bacon pieces, Canadian bacon, ham, hot dogs, cooked veggies, pineapple, different kinds of cheeses, different kinds of sauces (red, white, no sauce, tomato basil, etc)

Variations- Bagel bites, English muffin pizzas, bagel pizza, hot pockets, pizza roll, pizza bread, calzone, bread sticks, garlic bread, pepperoni rolls, etc.

Try frozen pizzas, pizza from different restaurants using only the toppings they like

Chocolate

Try dipping fruits and veggies in melted chocolate

Try chocolate pudding, chocolate milk, chocolate milk shakes, smoothies with chocolate

Try chocolate yogurt, chia pudding, frozen yogurt

Try chocolate covered dried fruits or chocolate covered nuts

Try Nutella

Cheerios/Other cereals

Try variety of cheerio flavors: original, honey nut, banana nut, apple cinnamon, chocolate, strawberry, multigrain peanut butter, frosted, clusters, etc.

Try similar foods such as: apple jax, quaker honey graham O's, etc.

Try different brands and try taking them out of brand specific packaging and put into neutral containers

Try different milks- almond milk, whole milk, coconut milk, chocolate milk, etc.

Try chopped nuts and granola with or without milk

Popcorn

Try different flavors: Butter, Movie Theater Butter, Cheese, White Cheddar, etc.

Try foods that are similar: popcorn cakes, rice cakes, popcorn balls, caramel corn, kettle corn, etc.

Cheetos

Try different flavors: Cheddar, White Cheddar, Cheddar Jalapeno, Flamin Hot, Flamin Hot Limon, Salsa con Queso Cheddar, etc.

Try taking out of brand specific packaging

Try foods that are similar: puffs, cheese balls, cheese popcorn, cheese rice cakes, pirates booty, cheese stick, cheddar chips, cheddar rice cakes, cheese crackers, sun chips, etc.

Pretzels

Twists, sticks, rods, checker, braided

Regular

Yogurt covered

Pretzel chips

Flavored- Sourdough, Honey Wheat, Cheddar, Honey mustard, Ranch, Buffalo

Filled- Combos, Peanut Butter, Chocolate

Rold Gold- Butter checkers, cheddar, cheesy garlic, cinnamon raisin braided, sourdough, honey mustard, honey Wheat

Doritos

Try different flavors

If he likes a certain flavor find different chips that are the same flavor (for example sun chips)

Cheese puffs

Try different shapes (for example cheese balls)

Try different flavors

Try different brands

Black/green olives

Try chopped vs whole

Try different kinds/flavors

Try pickles

Try other pickled/fermented foods like onions, radishes, etc.

Try vinegar dipping sauces for other vegetables

Lettuce

Depending on what kind he likes you can try other kinds (spinach, ice berg, romaine, etc).

Try with or without dipping sauces

Cucumber

Try different shapes

Try pickles and zucchini

Nuts (cashews, walnuts, almonds)

Try chopped and whole nuts (avoid if choking hazard if under 4 years of age)

Try nuts with flavors he likes

Try trail mix with preferred nuts

Try nut butters (chunky and smooth)

Steak

Try different cuts of steak, carne asada, hamburger, steak sandwich

Hot dog

Try Vienna sausages, sausage links, sausage pattys

Try with/without a bun

Turkey bacon

Try cooking crispy vs softer

Try different flavors (for example maple glazed)

Try different cuts

Try chopped vs strips

Try coconut "bacon"

Graham crackers

Try different shapes. different flavors

Try teddy grahams, animal cookies

Chocolate cup cake/chocolate cake

Try chocolate muffins

Chicken bone broth

Try to drink from bowl, spoon, cup

Try different flavors and brands

Try changing the texture (make thicker/thinner)

Try other smooth soups without chunks (beef broth, vegetable broth, etc).

Juice (apple, carrot, grape)

Try different temperatures- cold vs room temp

Try combining differently (try only carrot and apple; try only apple and grape, etc)

Try different kinds of apples and grapes

Watermelon

Try watermelon juice

Watermelon popsicles

Chocolate milk

Try mixing with chocolate sauce vs syrup vs powder

Try different amounts of chocolate flavoring (diluting)

Try hot chocolate/warm chocolate milk

Try adding flavor- cinnamon, peppermint, etc.

Jelly

Try different flavors and textures

Try jam vs jelly

Use as a dip