



CAN HAVE FOOD LIST

***Pirate's Booty** (Instead of popcorn) and **Potato Chips** (non Kettle)

***Milk/Dark Chocolate**

- M&M's
- Kit Kat Bars
- Chocolate Bars (that doesn't have anything hard, sticky, or chewy)
- Junior Mints
- York Peppermint Patties
- Reese's Cups

***Other sweets**

- Cookies
- Cake
- Cupcakes
- Ice cream

***Soft Foods**

- Yogurt
- Applesauce
- Soups
- Mashed Potatoes
- Macaroni and Cheese
- Spaghetti
- Smoothies
- Shakes

*****PLEASE REMEMBER TO BRUSH*****



FOODS AND HABITS TO AVOID

***Habits to Avoid**

- Biting Finger Nails
- Chewing Ice
- Chewing on Pens or Pencils

***Foods to Avoid**

- Popcorn
- Whole Nuts
- Corn Nuts
- Hard Corn Chips
- Jerky (Large Pieces)
- Soda Everyday
- Sunflower Seeds (In the Shell)

***Hard Candy to Avoid**

- Jolly Ranchers
- Suckers
- Jaw Breakers

***Sticky Candy to Avoid**

- Gum (Not even Sugar-Free)
- Tootsie Rolls
- Taffy
- Caramel
- Skittles/Star Bursts

***Foods that should be cut up first**

- Pizza
- Raw Fruits and Veggies
- Corn on the Cobb (Cut it off the cob)
- Meat Pulled from the Bone (Ribs and Chicken)