



**FAITH CHILD CARE AND NURSERY SCHOOL**  
**Menu**  
**September 30 – October 4**



	<b>BREAKFAST</b>		<b>LUNCH</b>		<b>SNACK</b>	
	<b>Infants</b>	<b>1 year and up</b>	<b>Infants</b>	<b>1 year and up</b>	<b>Infants</b>	<b>1 year and up</b>
<b>Monday</b>	*IF formula/breast milk, WGR IF infant oatmeal cereal, peaches	Cheerios, pineapple, milk	*IF formula/breast milk, scrambled egg, green beans	Macaroni & cheese, WGR bread, peas, banana, milk	*IF formula/breast milk, WGR IF infant rice cereal, pears	Trail mix, milk
<b>Tuesday</b>	*IF formula/breast milk, WGR IF infant rice cereal, bananas	WGR wheat Bagel, mixed fruit cup, milk	*IF formula/breast milk, white beans, pears	Grilled BBQ chicken, tortilla wrap , mixed vegetables, apple, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, peas	Cheddar Goldfish crackers, Apple juice
<b>Wednesday</b>	*IF formula/breast milk, WGR IF infant oatmeal cereal, apple	Corn Flakes cereal, peaches, milk	*IF formula/breast milk, LF cheese, carrots	Chicken & rice, WGR wheat roll, corn, orange, milk	*IF formula/breast milk, WGR IF infant rice cereal, peaches	Soft pretzel, cheese stick, water
<b>Thursday</b>	*IF formula/breast milk, WGR IF infant rice cereal, prunes	Biscuit, jam pears, milk	*IF formula/breast milk, turkey, squash	French toast casserole, yogurt, home fries, pear, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, apples, milk	Turkey, WGR pita, water
<b>Friday</b>	*IF formula/breast milk, WGR IF infant oatmeal cereal, pears	Chex cereal, mandarin oranges, milk	*IF formula/breast milk, yogurt, sweet potatoes	Meatballs, WGR Bun, corn, applesauce, milk	*IF formula/breast milk, WGR IF infant rice cereal, green beans	Cheez-its crackers, milk

Week 4 - Infants under 12 months are served \* Enfamil Neuro Pro iron-fortified formula/breast milk, children 1 - 2 are served whole milk, children over 2 are served 1% milk.

Gerber foods are served to children 6 mo. – 1<sup>st</sup> B-Day. Food is served pureed or mashed depending upon age/stage of individual child.

IF=Iron-fortified      LF=Low Fat      WGR = Whole Grain Rich      Seasonal fresh fruits and vegetables may be substituted when available.