



FAITH CHILD CARE AND NURSERY SCHOOL
Menu
September 9 – September 13



	BREAKFAST		LUNCH		SNACK	
	Infants	1 year and up	Infants	1 year and up	Infants	1 year and up
Monday	*IF formula/breast milk, WGR IF infant oatmeal cereal, peaches	Multigrain Cheerios, pineapple, milk	*IF formula/breast milk, LF cheese, green beans	Turkey dog, WGR hot dog bun, French fries, banana, milk	*IF formula/breast milk, WGR IF infant rice cereal, pears	Teddy Grahams, milk
Tuesday	*IF formula/breast milk, WGR IF infant rice cereal, bananas	Fruit muffin, peaches, milk	*IF formula/breast milk, turkey, pears	Beef and rice, WGR roll, corn, apple, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, peas	Wheat Thins, yogurt, water
Wednesday	*IF formula/breast milk, WGR IF infant oatmeal cereal apples	Kix cereal, mandarin oranges, milk	*IF formula/breast milk, yogurt, carrots	Chicken parmesan, WGR bread stick, Tossed salad, plum, milk	*IF formula/breast milk, WGR IF infant rice cereal, peaches	Pretzels, cheese cubes
Thursday	*IF formula/breast milk, WGR IF infant rice cereal, prunes	WGR bagel, pears, milk	*IF formula/breast milk, scrambled egg, squash	BBQ chicken, WGR wheat roll, mashed potatoes, fruit salad, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, bananas	String cheese, Ritz crackers
Friday	*IF formula/breast milk, WGR IF infant oatmeal cereal, pears	Life cereal, mixed fruit, milk	*IF formula/breast milk, LF white beans, sweet potatoes	Cheese pizza, tomato & cucumber salad, pear, milk	*IF formula/breast milk, WGR IF infant rice cereal, green beans	Trail mix, milk

Week 1 - 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. – 1st 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.