



**FAITH CHILD CARE AND NURSERY SCHOOL**  
**Menu**  
**October 14 – October 18**



	<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	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	Pretzels, cheddar cheese cubes, water
<b>Tuesday</b>	*IF formula/breast milk, WGR IF infant rice cereal, bananas	Fruit muffin, peaches, milk	*IF formula/breast milk, turkey, pears	Chicken and rice, WGR roll, corn, apple, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, peas	Wheat Thins, yogurt, water
<b>Wednesday</b>	*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	Animal crackers, milk
<b>Thursday</b>	*IF formula/breast milk, WGR IF infant rice cereal, prunes	WGR bagel, pears, milk	*IF formula/breast milk, scrambled egg, squash	Hamburger, hamburger bun, mashed potatoes, fruit salad, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, bananas	String cheese, Ritz crackers, water
<b>Friday</b>	*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. – 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.