



FAITH CHILD CARE AND NURSERY SCHOOL
Menu
October 28 – November 1



	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, peach	Life cereal, mixed fruit, milk	*IF formula/breast milk, yogurt, green beans	Beef hot dog, hot dog bun, baked beans, orange slices, milk	*IF formula/breast milk, WGR IF infant rice cereal, pears	Graham cracker, milk
Tuesday	*IF formula/breast milk, WGR IF infant rice cereal, bananas	Croissant, oranges, milk	*IF formula/breast milk, scrambled egg, pears	Goulash, tossed salad, WGR wheat bread stick, plum, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, peas	Club crackers, cheddar cheese cubes, water
Wednesday	*IF formula/breast milk, WGR IF infant oatmeal cereal, apples	Kix cereal, applesauce, milk	*IF formula/breast milk, white beans, carrots	Turkey, WGR roll, veggie pasta salad, apple, milk	*IF formula/breast milk, WGR IF infant rice cereal, peaches	Trail mix, 100% white grape juice
Thursday	*IF formula/breast milk, WGR IF infant rice cereal, prunes	Blueberry muffin, pineapple, milk	*IF formula/breast milk, LF cheese, squash	Chicken & rice, WGR bread stick, mixed vegetables, plum, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, bananas	Animal crackers, milk
Friday	*IF formula/breast milk, WGR IF infant oatmeal cereal, pears	Multigrain Cheerios cereal, pears, milk	*IF formula/breast milk, turkey, sweet potatoes	Grilled ham & cheese, WGR bread, tomato salad, pear, milk	*IF formula/breast milk, WGR IF infant rice cereal, green beans	Low-fat yogurt, pretzel sticks, water

Week 3 - 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.