



# FAITH CHILD CARE AND NURSERY SCHOOL

## Menu

December 9 – December 13



	BREAKFAST		LUNCH		SNACK	
	Infants	1 year and up	Infants	1 year and up	Infants	1 year and up
<b>Monday</b>	*IF formula/breast milk, WGR IF Infant oatmeal cereal, peaches	Multigrain Cheerios pineapple, milk	*IF formula/breast Milk, cheese, green beans	Sloppy Joe, WGR bun, roasted potatoes, banana, milk	*IF formula/breast milk, WGR IF infant rice cereal, pears	Graham cracker, milk
<b>Tuesday</b>	*IF formula/breast milk, WGR IF infant rice cereal, bananas	Fruit muffin, peaches, milk	*IF formula/breast milk, white beans, pears	Chicken nuggets, French fries, WGR roll, applesauce, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, peas	Pretzels, cheddar cheese cubes, water
<b>Wednesday</b>	*IF formula/breast milk, WGR IF infant wheat cereal, apples	Kix cereal, mandarin oranges, milk	*IF formula/breast milk, yogurt, carrots	Chicken pasta alfredo, broccoli, orange, milk	*IF formula /breast milk, WGR IF infant rice cereal, peaches	Wheat Thins, Apple juice
<b>Thursday</b>	*IF formula/breast milk, WGR IF infant oatmeal cereal, prunes	WGR bagel, pears, milk	*IF formula/breast milk, scrambled egg, peas	Scrambled egg, WGR toast, potato puffs, pear, milk	*IF formula/breast milk, WGR IF infant wheat cereal, bananas	String cheese, Ritz crackers, water
<b>Friday</b>	*IF formula/breast milk, WRG IF infant rice cereal, pears	Life cereal, mixed fruit, milk	*IF formula/breast milk, turkey, corn	Double cheese pizza, green beans, apple, milk	*IF formula/breast milk, WGR IF infant oatmeal 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.