



FAITH CHILD CARE AND NURSERY SCHOOL

Menu

January 6 – January 10



	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 cereal, mixed fruit, milk	*IF formula/breast milk, yogurt, green beans	Chicken & Rice, WGR roll, mixed vegetables, banana, milk	*IF formula/breast milk, WGR IF infant rice cereal, pears	Ham roll-up, 100% white grape juice
Tuesday	*IF formula/breast milk, WGR IF infant rice cereal, bananas	Bagel, peaches, milk	*IF formula/breast milk, turkey, pears	Seasoned ground beef, flour taco shell, corn, apple, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, peas	Animal crackers, Milk
Wednesday	*IF formula/breast milk, WGR IF infant wheat cereal, apples	Corn Flakes cereal, pineapple, milk	*IF formula/breast milk, scrambled egg, carrots	Roasted chicken, WGR roll, mashed potatoes, applesauce, milk	*IF formula/breast milk, WGR IF infant rice cereal, peaches	String cheese, club crackers, water
Thursday	*IF formula/breast milk, WGR IF infant oatmeal cereal, prunes	Croissant, applesauce, milk	*IF formula/breast milk, cheese, peas	Pasta with meat sauce, tossed salad, pear, milk	*IF formula/breast milk, WGR IF infant wheat cereal, bananas	Saltine crackers, cinnamon applesauce, water
Friday	*IF formula/breast milk, WGR IF infant rice cereal, pears	Kix cereal, mandarin oranges, milk	*IF formula/breast milk, white beans, corn	Haddock fish filet, Tater Tots, WGR bread, orange slices, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, green beans	Soft pretzel bites, milk

Week 5 - 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.