



FAITH CHILD CARE AND NURSERY SCHOOL

Menu
January 20 – January 24



	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	Kix cereal, mixed fruit, milk	*IF formula/breast milk, scrambled egg, green beans	Cheesy Mac & Beef, peas, banana, milk	*IF formula/breast milk, WGR IF infant rice cereal, pears	Cheez-its, milk
Tuesday	*IF formula/breast milk, WGR IF infant rice cereal, bananas	Cinnamon swirl bread, peaches, milk	*IF formula/breast milk, cheese, pears	Pancake, turkey sausage, hash browns, apple, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, peas	Wheat Thins crackers, yogurt, water
Wednesday	*IF formula/breast milk, WGR IF infant wheat cereal, apples	Multigrain Cheerios, applesauce, milk	*IF formula/breast milk, white beans, carrots	Beef hot dog, hot dog bun, baked beans, pear, milk	*IF formula/breast milk, WGR IF infant rice cereal, peaches	Pretzels, pumpkin applesauce, water
Thursday	*IF formula/breast milk, WGR IF infant oatmeal cereal, prunes	WGR bagel, mandarin oranges, milk	*IF formula/breast milk, yogurt, peas	Lemon chicken, WGR wheat roll, cabbage, fruit salad, milk	*IF formula/breast milk, WGR IF infant wheat cereal, bananas	Ritz crackers, 100% white grape juice
Friday	*IF formula/breast milk, WGR IF infant rice cereal, pears	Corn Chex cereal, pears, milk	*IF formula/breast milk, turkey, corn	Grilled ham & cheese, WGR bread, mixed vegetables, orange, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, green beans	Animal Crackers, milk

Week 2 - 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.