



FAITH CHILD CARE AND NURSERY SCHOOL

Menu
January 27 – January 31



	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	Life cereal, mixed fruit, milk	*IF formula/breast milk, white beans, green beans	Goulash, WGR breadstick, tossed salad, banana, milk	*IF formula/breast milk, WGR IF infant rice cereal, pears	Graham crackers, milk
Tuesday	*IF formula/breast milk, WGR IF infant rice cereal, bananas	Fruit muffin, oranges, milk	*IF formula/breast milk, turkey, pears	Chicken pan roast, WGR bread, mixed vegetables, apple, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, peas	Yogurt whip, pretzel sticks, water
Wednesday	*IF formula/breast milk, WGR IF infant wheat cereal, apples	Kix cereal, applesauce, milk	*IF formula/breast milk, cheese cubes, carrots	Turkey, flour tortilla wrap, sweet potatoes, applesauce, milk	*IF formula/breast milk, WGR IF infant rice cereal, peaches	Trail mix, 100% apple juice
Thursday	*IF formula/breast milk, WGR IF infant oatmeal cereal, prunes	Mini croissant, pineapple, milk	*IF formula/breast milk, scrambled egg, peas	Meatballs, WGR roll, roasted zucchini parmesan, orange, milk	*IF formula/breast milk, WGR IF infant wheat cereal, bananas	Club crackers, string cheese, water
Friday	*IF formula/breast milk, WGR IF infant rice cereal, pears	Cheerios cereal, pears, milk	*IF formula/breast milk, yogurt, corn	Waffle, low-fat yogurt, hash brown patty, pear, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, green beans	Goldfish crackers, milk

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.