

## FAITH CHILD CARE AND NURSERY SCHOOL Menu May 5 - May 9



|           | BREAKFAST   |   | LUNCH   |  | SNACK  |                                   |
|-----------|---|---|---|--|--|-----------------------------------|
|           | Infants   | 1 year and up                               | Infants   | 1 year and up  | Infants  | 1 year and up                     |
| Monday    | *IF formula/breast<br>milk, WGR IF<br>infant oatmeal<br>cereal, peaches | Kix cereal, mixed fruit, milk               | *IF formula/breast<br>milk, scrambled<br>egg, green beans | Cheesy Mac &<br>Beef, peas,<br>banana, milk                          | *IF formula/breast<br>milk, WGR IF<br>infant rice cereal,<br>pears             | Cheez-its, 100% white grape juice |
| Tuesday   | *IF formula/breast<br>milk, WGR IF<br>infant rice cereal,<br>bananas    | Cinnamon swirl<br>bread, peaches,<br>milk   | *IF formula/breast<br>milk, LF cheese,<br>pears           | Pancake, turkey<br>sausage, hash<br>browns, apple,<br>milk           | *IF formula/breast<br>milk, WGR IF<br>infant oatmeal<br>cereal, peas           | Wheat Thins crackers, yogurt      |
| Wednesday | *IF formula/breast<br>milk, WGR IF<br>infant wheat<br>cereal, apples    | Multigrain<br>Cheerios,<br>applesauce, milk | *IF formula/breast<br>milk, white beans,<br>carrots       | Beef hot dog, hot<br>dog bun, baked<br>beans, pear, milk             | *IF formula/breast<br>milk, WGR IF<br>infant rice cereal,<br>peaches           | Pretzels, pumpkin applesauce,     |
| Thursday  | *IF formula/breast<br>milk, WGR IF<br>infant oatmeal<br>cereal, prunes  | WGR bagel,<br>mandarin<br>oranges, milk     | *IF formula/breast<br>milk, non-fat<br>yogurt, peas       | Lemon chicken,<br>WGR wheat roll,<br>cabbage, orange,<br>milk        | *IF formula/breast<br>milk, WGR IF<br>infant wheat<br>cereal, bananas          | Ritz crackers,<br>cheese cubes    |
| Friday    | *IF formula/breast<br>milk, WGR IF<br>infant rice cereal,<br>pears      | Corn Chex<br>cereal, pears,<br>milk         | *IF formula/breast<br>milk, turkey, corn                  | Grilled ham & cheese, WGR bread, mixed vegetables, fruit salad, milk | *IF formula/breast<br>milk, WGR IF<br>infant oatmeal<br>cereal, green<br>beans | Animal Crackers,<br>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. – 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.