



FAITH CHILD CARE AND NURSERY SCHOOL

Menu

October 6 – October 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, peach	Life cereal, mixed fruit, milk	*IF formula/breast milk, yogurt, green beans	Beef bologna, WGR sliced bread, veggie orzo salad, banana, milk	*IF formula/breast milk, WGR IF infant rice cereal, pears	Graham cracker, milk
Tuesday	*IF formula/breast milk, WGR IF infant rice cereal, bananas	WGR bagel, mandarin oranges, milk	*IF formula/breast milk, scrambled egg, pears	Goulash, tossed salad, WGR wheat roll, apple, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, peas	Club crackers, cheddar cheese stick
Wednesday	*IF formula/breast milk, WGR IF infant oatmeal cereal, apples	Kix cereal, applesauce, milk	*IF formula/breast milk, white beans, carrots	Turkey dog, hot dog bun, baked beans, plum, milk	*IF formula/breast milk, WGR IF infant rice cereal, peaches	Trail mix, 100% orange juice
Thursday	*IF formula/breast milk, WGR IF infant rice cereal, prunes	Blueberry muffin, peaches, milk	*IF formula/breast milk, LF cheese, squash	Chicken & rice, WGR bread slice, mixed vegetables, watermelon, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, bananas	Pretzel sticks, strawberry cream cheese dip
Friday	*IF formula/breast milk, WGR IF infant oatmeal cereal, pears	Multigrain Cheerios cereal, pears, milk	*IF formula/breast milk, turkey, sweet potatoes	Cheese quesadilla, flour tortilla, Mexican corn salad, pear, milk	*IF formula/breast milk, WGR IF infant rice cereal, green beans	Animal 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. All snacks that don't list a drink are served with water.

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.