



FAITH CHILD CARE AND NURSERY SCHOOL

Menu

September 22 – September 26



	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, applesauce, milk	*IF formula/breast milk, LF cheese, green beans	Beef hot dog, hot dog bun, French fries, banana, milk	*IF formula/breast milk, WGR IF infant rice cereal, pears	Trail mix, milk
Tuesday	*IF formula/breast milk, WGR IF infant rice cereal, bananas	Fruit muffin, peaches, milk	*IF formula/breast milk, turkey, pears	Chicken and rice, WGR roll, corn, apple, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, peas	Club crackers, yogurt
Wednesday	*IF formula/breast milk, WGR IF infant oatmeal cereal, apples	Kix cereal, mandarin oranges, milk	*IF formula/breast milk, yogurt, carrots	Chicken parmesan pasta, tossed salad, plum, milk	*IF formula/breast milk, WGR IF infant rice cereal, peaches	Pretzels, cheese cubes
Thursday	*IF formula/breast milk, WGR IF infant rice cereal, prunes	WGR bagel, pears, milk	*IF formula/breast milk, scrambled egg, squash	Ham & cheese, bun, mashed potatoes, applesauce, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, bananas	Ritz crackers, 100% apple juice
Friday	*IF formula/breast milk, WGR IF infant oatmeal cereal, pears	Life cereal, mixed fruit, milk	*IF formula/breast milk, LF white beans, sweet potatoes	Cheese pizza, tomato & cucumber salad, pear, milk	*IF formula/breast milk, WGR IF infant rice cereal, green beans	Animal crackers, milk

Week 1 - 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.