



FAITH CHILD CARE AND NURSERY SCHOOL

Menu
September 29 – October 3



	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	Cheerios, mixed fruit, milk	*IF formula/breast milk, turkey, green beans	Turkey, flour tortilla, broccoli & cauliflower, banana, milk	*IF formula/breast milk, WGR IF infant rice cereal, pears	Pretzels, milk
Tuesday	*IF formula/breast milk, WGR IF infant rice cereal, bananas	Cinnamon swirl bread, peaches, milk	*IF formula/breast milk, yogurt, pears	Meatballs, WGR roll, roasted potatoes, apple, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, peas	Wheat Thins crackers, yogurt
Wednesday	*IF formula/breast milk, WGR IF infant oatmeal cereal, apples	Corn flakes, applesauce, milk	*IF formula/breast milk, scrambled egg, carrots	Macaroni & cheese, peas, WGR bread, pear, milk	*IF formula/breast milk, WGR IF infant rice cereal, peaches	Cheez-its, 100% white grape juice
Thursday	*IF formula/breast milk, WGR IF infant rice cereal, prunes	Croissant, mandarin oranges, milk	*IF formula/breast milk, white beans, squash	Chicken nuggets, WGR roll, green beans, applesauce, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, bananas	Club crackers, cheese cubes
Friday	*IF formula/breast milk, WGR IF infant oatmeal cereal, pears	Corn Chex cereal, pears, milk	*IF formula/breast milk, LF cheese, sweet potatoes	Waffle, hash browns, sausage links, orange, milk	*IF formula/breast milk, WGR IF infant rice cereal, green beans	Pita 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. 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.