



FAITH CHILDCARE AND NURSERY SCHOOL

Menu
October 13 – October 17



	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, applesauce, milk	*IF formula/breast milk, scrambled egg, green beans	Cheesy macaroni & beef, peas & carrots, 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	Cinnamon bread, mixed fruit cup, milk	*IF formula/breast milk, white beans, pears	BBQ chicken, WGR tortilla wrap, mixed vegetables, pear, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, peas	Cheddar Goldfish crackers, 100% apple juice
Wednesday	*IF formula/breast milk, WGR IF infant oatmeal cereal, apple	Corn Flakes cereal, peaches, milk	*IF formula/breast milk, LF cheese, carrots	Beef & rice, WGR wheat roll, corn, orange, milk	*IF formula/breast milk, WGR IF infant rice cereal, peaches	Soft pretzel bites, cheddar cheese stick
Thursday	*IF formula/breast milk, WGR IF infant rice cereal, prunes	Biscuit, jam pears, milk	*IF formula/breast milk, turkey, squash	Pancake, vanilla yogurt, hash browns, apple, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, apples, milk	Turkey, WGR pita
Friday	*IF formula/breast milk, WGR IF infant oatmeal cereal, pears	Chex cereal, mandarin oranges, milk	*IF formula/breast milk, yogurt, sweet potatoes	Grilled ham & cheese sandwich, roasted broccoli, applesauce, milk	*IF formula/breast milk, WGR IF infant rice cereal, green beans	Graham crackers, milk

Week 4 - 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.