



FAITH CHILD CARE AND NURSERY SCHOOL

Menu

October 20 – October 24



	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	Life cereal, mixed fruit, milk	*IF formula/breast milk, white beans, green beans	Chicken pasta alfredo, WGR bread stick, peas, banana, milk	*IF formula/breast milk, WGR IF infant rice cereal, pears	Animal crackers, milk
Tuesday	*IF formula/breast milk, WGR IF infant rice cereal, bananas	Blueberry muffin, peaches, milk	*IF formula/breast milk, LF cheese, pears	Sloppy Joe, WGR bun, tossed salad, ambrosia salad, 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, pears, milk	*IF formula/breast milk, turkey, carrots	Turkey slices, WGR sliced bread, potato salad, applesauce, milk	*IF formula/breast milk, WGR IF infant rice cereal, peaches	Ritz crackers, 100% orange juice
Thursday	*IF formula/breast milk, WGR IF infant rice cereal, prunes	Croissant, applesauce, milk	*IF formula/breast milk, yogurt, squash	Hamburger, burger bun, green beans, orange slices, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, bananas	Wheat crackers, watermelon
Friday	*IF formula/breast milk, WGR IF infant oatmeal cereal, pears	Multigrain Cheerios cereal, mandarin oranges, milk	*IF formula/breast milk, scrambled egg, sweet potatoes	Roasted chicken, mashed potatoes, Hawaiian roll, apple, milk	*IF formula/breast milk, WGR IF infant rice cereal, green beans	Cheddar cheese stick, saltine crackers

Week 5 - 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.