



# FAITH CHILD CARE AND NURSERY SCHOOL

## Menu

### October 27 – October 31



|                  | BREAKFAST                                                      |                                       | LUNCH                                                   |                                                       | SNACK                                                           |                                 |
|------------------|----------------------------------------------------------------|---------------------------------------|---------------------------------------------------------|-------------------------------------------------------|-----------------------------------------------------------------|---------------------------------|
|                  | Infants                                                        | 1 year and up                         | Infants                                                 | 1 year and up                                         | Infants                                                         | 1 year and up                   |
| <b>Monday</b>    | *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                 |
| <b>Tuesday</b>   | *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           |
| <b>Wednesday</b> | *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          |
| <b>Thursday</b>  | *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 |
| <b>Friday</b>    | *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. – 1<sup>st</sup> 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.