



# FAITH CHILD CARE AND NURSERY SCHOOL

## Menu

### January 5 – January 9



	<b>BREAKFAST</b>		<b>LUNCH</b>		<b>SNACK</b>	
	<b>Infants</b>	<b>1 year and up</b>	<b>Infants</b>	<b>1 year and up</b>	<b>Infants</b>	<b>1 year and up</b>
<b>Monday</b>	*IF formula/breast milk, WGR IF infant oatmeal cereal, peaches	Kix cereal, mandarin oranges, milk	*IF formula/breast milk, non-fat yogurt, green beans	Chicken parmesan, WGR bread stick, tomato cucumber salad, 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	WGR bagel, mixed fruit cup, milk	*IF formula/breast milk, LF cheese, pears	Hamburger, hamburger bun, roasted potatoes, apple, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, peas	Cheez-its crackers, 100% white grape juice
<b>Wednesday</b>	*IF formula/breast milk, WGR IF infant wheat cereal, apple	Cheerios cereal, peaches, milk	*IF formula/breast milk, turkey, carrots	Sausage cheese pizza, broccoli, applesauce, milk	*IF formula/breast milk, WGR IF infant rice cereal, peaches	Soft pretzel, cheese stick
<b>Thursday</b>	*IF formula/breast milk, WGR IF infant Oat cereal, prunes	Croissant, pears, milk	*IF formula/breast milk, scrambled egg, peas	Pancake, vanilla yogurt, hashbrown patty, pear, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, apples, milk	Turkey, WGR pita
<b>Friday</b>	*IF formula/breast milk, WGR IF infant rice cereal, pears	Life cereal, mandarin oranges, milk	*IF formula/breast milk, white beans, corn	Ham, corn casserole, roll, orange slices, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, green beans	Animal 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.

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.