



## FAITH CHILD CARE AND NURSERY SCHOOL

### Menu

January 19 – January 23



	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	Kix cereal, mixed fruit, milk	*IF formula/breast milk, cheese, green beans	Double cheese pizza, tossed salad, banana, milk	*IF formula/breast milk, WGR IF infant rice cereal, pears	Graham cracker, milk
Tuesday	*IF formula/breast milk, WGR IF infant rice cereal, bananas	Fruit muffin, peaches, milk	*IF formula/breast milk, white beans, pears	Beef & Rice, peas, WGR roll, applesauce, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, peas	Wheat crackers, yogurt
Wednesday	*IF formula/breast milk, WGR IF infant wheat cereal, apples	Cheerios, mandarin oranges, milk	*IF formula/breast milk, yogurt, carrots	Roasted chicken, broccoli, WGR bread, orange, milk	*IF formula /breast milk, WGR IF infant rice cereal, peaches	Ritz crackers, string cheese
Thursday	*IF formula/breast milk, WGR IF infant oatmeal cereal, prunes	WGR bagel, pears, milk	*IF formula/breast milk, scrambled egg, peas	Ham & egg scramble, potatoes. WGR toast, pear, milk	*IF formula/breast milk, WGR IF infant wheat cereal, bananas	Pretzels, 100% orange juice
Friday	*IF formula/breast milk, WRG IF infant rice cereal, pears	Life cereal, mixed fruit, milk	*IF formula/breast milk, turkey, corn	Beefy macaroni, WGR bread stick, green beans, pear, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, green beans	Trail mix, 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. 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.