



# FAITH CHILD CARE AND NURSERY SCHOOL

Menu  
January 15 – January 19



	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	Life cereal, mixed fruit, milk	*IF formula/breast milk, LF cheese, green beans	Cheese pizza, tomato cucumber salad, pear, milk	*IF formula/breast milk, WGR IF infant rice cereal, pears	Graham crackers, milk
<b>Tuesday</b>	*IF formula/breast milk, WGR IF infant rice cereal, bananas	Fruit muffin, oranges, milk	*IF formula/breast milk, tuna, pears	Beef & Rice, WGR roll, corn, banana, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, peas	Club crackers, string cheese, water
<b>Wednesday</b>	*IF formula/breast milk, WGR IF infant wheat cereal, apples	Kix cereal, applesauce, milk	*IF formula/breast milk, yogurt, carrots	Chicken sausage pasta, broccoli, apple, milk	*IF formula/breast milk, WGR IF infant rice cereal, peaches	Trail mix, 100% white grape juice
<b>Thursday</b>	*IF formula/breast milk, WGR IF infant oatmeal cereal, prunes	Mini croissant, pineapple, milk	*IF formula/breast milk, hard-boiled egg, squash	Chicken taco cup, WGR wheat tortilla, mixed vegetables, orange, milk	*IF formula/breast milk, WGR IF infant wheat cereal, bananas	Cornbread, milk
<b>Friday</b>	*IF formula/breast milk, WGR IF infant rice cereal, pears	Cheerios cereal, pears, milk	*IF formula/breast milk, LF cottage cheese, sweet potatoes	Beef hot dog, hot dog bun, sweet potato fries, applesauce, milk	*IF formula/breast milk, WGR IF infant oatmeal cereal, green beans	Yogurt whip, pretzel sticks, water

Week 3 - 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.