



FAITH CHILD CARE AND NURSERY SCHOOL

Menu

March 12 – 16, 2018



	BREAKFAST		LUNCH		SNACK	
	6 mo. – 1 st B-day	1 year and up	6 mo. – 1 st B-day	1 year and up	6 mo. – 1 st B-day	1 year and up
Monday	Enfamil IF formula/breast milk, WGR IF infant oatmeal cereal, peaches	WGR Life, mixed fruit, milk	Enfamil IF formula/breast milk, LF cheese, green beans	Meatball sub / WGR roll, tomato & cucumber salad, peaches, milk	Enfamil IF formula/breast milk, IF infant rice cereal, pears	LF String cheese, oranges, water
Tuesday	Enfamil IF formula/breast milk, IF infant rice cereal, bananas	Bagel w/butter, apple, milk	Enfamil IF formula/breast milk, tuna, pears	Turkey Sausage, pancakes, hash browns, mixed fruit, milk	Enfamil IF formula/breast milk, WGR IF infant oatmeal cereal, peas	LF Yogurt, WGR wheat thins, water
Wednesday	Enfamil IF formula/breast milk, WGR IF infant wheat cereal, apples	WGR Cheerios, banana, milk	Enfamil IF formula/breast milk, yogurt, carrots	Chicken patty, WGR bun, broccoli, apple, milk	Enfamil IF formula/breast milk, IF infant rice cereal, peaches	WGR Trail mix, milk
Thursday	Enfamil IF formula/breast milk, WGR IF infant oatmeal cereal, prunes	Biscuit / honey, orange, milk	Enfamil IF formula/breast milk, hard-boiled egg, squash	Taco, soft tortilla shell, taco meat, lettuce, tomato, cheese, pineapple, milk	Enfamil IF formula/breast milk, WGR IF infant wheat cereal, bananas	WGR Goldfish crackers, 100% apple juice
Friday	Enfamil IF formula/breast milk, IF infant rice cereal, pears	Honey bunches of oats, pear, milk	Enfamil IF formula/breast milk, LF cottage cheese, sweet potatoes	BBQ chicken, WGR roll, baked beans, mixed fruit, milk	Enfamil IF formula/milk, WGR IF infant oatmeal cereal, green beans	Pretzels, milk

Week 4 - Infants under 12 months are served 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. – 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.