



FAITH CHILD CARE AND NURSERY SCHOOL

Menu

March 19 – 23, 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	Rice Krispies, pineapple, milk	Enfamil IF formula/breast milk, LF cheese, green beans	WGR Cheese Quesadilla/salsa, corn, banana, milk	Enfamil IF formula/breast milk, IF infant rice cereal, pears	Cinnamon Swirl bread, 100% orange juice
Tuesday	Enfamil IF formula/breast milk, IF infant rice cereal, bananas	Croissant, pear, milk	Enfamil IF formula/breast milk, tuna, pears	Grilled chicken, WGR roll, boiled potatoes, apple, milk	Enfamil IF formula/breast milk, WGR IF infant oatmeal cereal, peas	Oyster crackers, mixed fruit, water
Wednesday	Enfamil IF formula/breast milk, WGR IF infant wheat cereal, apples	MGR Multi-grain Cheerios, orange, milk	Enfamil IF formula/breast milk, yogurt, carrots	Ham & Cheese quiche, WGR bread, tossed salad, pineapple, milk	Enfamil IF formula/breast milk, IF infant rice cereal, peaches	Ritz crackers, applesauce, water
Thursday	Enfamil IF formula/breast milk, WGR IF infant oatmeal cereal, prunes	Cinnamon - vanilla French toast / syrup, plum, milk	Enfamil IF formula/breast milk, hard-boiled egg, squash	Goulash, WGR bread, green beans, orange, milk	Enfamil IF formula/breast milk, WGR IF infant wheat cereal, bananas	Yogurt, banana, water
Friday	Enfamil IF formula/breast milk, IF infant rice cereal, pears	WGR Corn Chex, apple, milk	Enfamil IF formula/breast milk, LF cottage cheese, sweet potatoes	Cheeseburger, WGR bun, cauliflower, pears, milk	Enfamil IF formula/milk, WGR IF infant oatmeal cereal, green beans	LF cheese stick, WGR pita, water

Week 5 - 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.