



## FAITH CHILD CARE AND NURSERY SCHOOL

Menu  
March 5 – 9, 2018



|                  | BREAKFAST   |                                 | LUNCH   |   | SNACK   |  |
|------------------|---|---------------------------------|---|---|---|--|
|                  | 6 mo. – 1st B-day   | 1 year and up                   | 6 mo. – 1st B-day   | 1 year and up   | 6 mo. – 1st B-day   | 1 year and up  |
| <b>Monday</b>    | Enfamil IF formula/breast milk, WGR IF infant oatmeal cereal, peaches | Corn flakes, peaches, milk      | Enfamil IF formula/breast milk, LF cheese, green beans            | Meat lasagna, WGR roll, tossed salad, orange, milk                  | Enfamil IF formula/breast milk, IF infant rice cereal, pears        | LF String cheese, pear, water                        |
| <b>Tuesday</b>   | Enfamil IF formula/breast milk, IF infant rice cereal, bananas        | Croissant, banana, milk         | Enfamil IF formula/breast milk, tuna, pears                       | Turkey hot dog / WGR bun, tater tots, plum, milk                    | Enfamil IF formula/breast milk, WGR IF infant oatmeal cereal, peas  | WGR Triscuits, yogurt, water                         |
| <b>Wednesday</b> | Enfamil IF formula/breast milk, WGR IF infant wheat cereal, apples    | MGR Kix, pear, milk             | Enfamil IF formula/breast milk, yogurt, carrots                   | Grilled cheese sandwich / WGR bread, tomato soup, mixed fruit, milk | Enfamil IF formula/breast milk, IF infant rice cereal, peaches      | Soft pretzel w/ honey mustard dip, 100% orange juice |
| <b>Thursday</b>  | Enfamil IF formula/breast milk, WGR IF infant oatmeal cereal, prunes  | Eggo waffle, syrup, apple, milk | Enfamil IF formula/breast milk, hard-boiled egg, squash           | BBQ meatloaf, WGR bread, mashed potatoes, pears, milk               | Enfamil IF formula/breast milk, WGR IF infant wheat cereal, bananas | Club crackers, turkey, water                         |
| <b>Friday</b>    | Enfamil IF formula/breast milk, IF infant rice cereal, pears          | WGR Rice Chex, grapes, milk     | Enfamil IF formula/breast milk, LF cottage cheese, sweet potatoes | Chicken / gravy, stuffing, corn, apple, milk                        | Enfamil IF formula/milk, WGR IF infant oatmeal cereal, green beans  | Cheese Quesadilla, water                             |

Week 3 - 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.