



Fort Road

Daycare & OSC

	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK 1	Breakfast 9:00-9:30am	Cereals, Milk Fruits	Cereals, Milk, Pancake/Waffle	Cereals, Milk Fruits	Cereals, Milk, Oatmeal	Cereals, Milk, Fruits
	Lunch time 11:30-12:15pm	Cheese Pizza, Mashed potatoes, Vegetables/ Fruits	Vegetable Noodle, in tomato sauce, Vegetables/Fruits	Macaroni and Cheese, Vegetables/Fruits	Bologna with rice, Vegetables/ Fruits	Pasta with hotdog, in tomato sauce, Vegetables/ Fruits
	Afternoon snack 3:10-3:40pm	Milk, Cookies, Jam Sandwiches, Vegetables/ Fruits	Milk, Cookies, Jam Sandwiches, Vegetables/Fruits	Milk, Cookies, Jam Sandwiches, Vegetables/Fruits	Milk, Cookies, Jam Sandwiches, Vegetables/Fruits	Milk, Cookies, Jam Sandwiches, Vegetables/Fruits
WEEK 2	Breakfast 9:00-9:30am	Cereals, Milk Fruits	Cereals, Milk, Pancake/Waffle	Cereals, Milk Fruits	Cereals, Milk, Oatmeal	Cereals, Milk Fruits
	Lunch time 11:30-12:15pm	Bologna with rice, Vegetables/ Fruits	Cheese Pizza, Mashed potatoes, Vegetables/Fruits	Vegetable Noodle, in tomato sauce, Vegetables/ Fruits	Macaroni and Cheese, Vegetables/Fruits	Pasta with hotdog, in tomato sauce, Vegetables/Fruits
	Afternoon snack 3:10-3:40pm	Milk, Cookies, Jam Sandwiches, Vegetables/ Fruits	Milk, Cookies, Jam Sandwiches, Vegetables/Fruits	Milk, Cookies, Jam Sandwiches, Vegetables/Fruits	Milk, Cookies, Jam Sandwiches, Vegetables/Fruits	Milk, Cookies, Jam Sandwiches, Vegetables/ Fruits
WEEK 3	Breakfast 9:00-9:30am	Cereals, Milk, Fruits	Cereals, Milk, Pancake/Waffle	Cereals, Milk, Fruits	Cereals, Milk, Oatmeal	Cereals, Milk Fruits
	Lunch time 11:30-12:15pm	Bologna with rice, Vegetables/ Fruits	Pasta with hotdog, in tomato sauce, Vegetables/Fruits	Cheese Pizza, Mashed potatoes, Vegetables/ Fruits	Vegetable Noodle, in tomato sauce, Vegetables/Fruits	Macaroni and Cheese, Vegetables/Fruits
	Afternoon snack 3:10-3:40pm	Milk, Cookies, Jam Sandwiches, Vegetables/ Fruits	Milk, Cookies, Jam Sandwiches, Vegetables/Fruits	Milk, Cookies, Jam Sandwiches, Vegetables/ Fruits	Milk, Cookies, Jam Sandwiches, Vegetables/ Fruits	Milk, Cookies, Jam Sandwiches, Vegetables/Fruits
WEEK 4	Breakfast 9:00-9:30am	Cereals, Milk Fruits	Cereals, Milk, Pancake/Waffle	Cereals, Milk Fruits	Cereals, Milk, Oatmeal	Cereals, Milk Fruits
	Lunch time 11:30-12:15pm	Pasta with hotdog, in tomato sauce, Vegetables/ Fruits	Macaroni and Cheese, Vegetables/Fruits	Bologna with rice, Vegetables/ Fruits	Cheese Pizza, Mashed potatoes, Vegetables/ Fruits	Vegetable Noodle, in tomato sauce, Vegetables/ Fruits
	Afternoon snack 3:10-3:40pm	Milk, Cookies, Jam Sandwiches, Vegetables/ Fruits	Milk, Cookies, Jam Sandwiches, Vegetables/ Fruits	Milk, Cookies, Jam Sandwiches, Vegetables/ Fruits	Milk, Cookies, Jam Sandwiches, Vegetables/ Fruits	Milk, Cookies, Jam Sandwiches, Vegetables/Fruits