|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Breakfast**  **9:00-9:30am** | **Cereals, Milk**  **Fruits** | **Cereals, Milk**  **Toast & butter** | **Cereals, Milk**  **Fruits** | **Cereals, Milk**  **Toast & butter** | **Cereals, Milk**  **Fruits** |
| **Lunch time**  **11:30-12:15pm** | **Pasta with hotdog**  **in tomato sauce Vegetables/Fruits** | **Vegetable Noodle in**  **tomato sauce**  **Vegetables/Fruits** | **Macaroni and**  **Cheese**  **Vegetables/Fruits** | **Bolognie with**  **rice**  **Vegetables/Fruits** | **Cheese Pizza**  **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** |
| **Breakfast**  **9:00-9:30am** | **Cereals, Milk**  **Fruits** | **Cereals, Milk**  **Toast & butter** | **Cereals, Milk**  **Fruits** | **Cereals, Milk**  **Toast & butter** | **Cereals, Milk**  **Fruits** |
| **Lunch time**  **11:30-12:15pm** | **Bolognie with rice**  **Vegetables/Fruits** | **Pasta with hotdog in**  **tomato sauce**  **Vegetables/Fruits** | **Vegetable Noodle in**  **tomato sauce**  **Vegetables/Fruits** | **Macaroni and**  **Cheese**  **Vegetables/Fruits** | **Chicken Strips & fries**  **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** |
| **Breakfast**  **9:00-9:30am** | **Cereals, Milk**  **Fruits** | **Cereals, Milk**  **Toast & butter** | **Cereals, Milk**  **Fruits** | **Cereals, Milk**  **Toast & butter** | **Cereals, Milk**  **Fruits** |
| **Lunch time 11:30-12:15pm** | **Bolognie with rice**  **Vegetables/Fruits** | **Pasta with hotdog in**  **tomato sauce**  **Vegetables/Fruits** | **Macaroni and**  **Cheese**  **Vegetables/Fruits** | **Vegetable Noodle in**  **tomato sauce**  **Vegetables/Fruits** | **Cheese Pizza**  **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** |
| **Breakfast**  **9:00-9:30am** | **Cereals, Milk**  **Fruits** | **Cereals, Milk Toast & butter** | **Cereals, Milk**  **Fruits** | **Cereals, Milk**  **Toast & butter** | **Cereals, Milk**  **Fruits** |
| **Lunch time**  **11:30-12:15pm in** | **Pasta with hotdog**  **tomato sauce Vegetables/Fruits** | **Macaroni and**  **Cheese**  **Vegetables/Fruits** | **Bolognie with**  **rice**  **Vegetables/Fruits** | **Vegetable Noodle in**  **tomato sauce**  **Vegetables/Fruits** | **Chicken Strips & fries**  **Vegetables/Fruits** |
| **Afternoon**  **snack** | **Milk, Cookies Jam**  **Sandwiches** | **Milk, Cookies Jam**  **Sandwiches** | **Milk, Cookies Jam**  **Sandwiches** | **Milk, Cookies Jam**  **Sandwiches** | **Milk, Cookies Jam**  **Sandwiches** |

WEEK 1

WEEK 2

WEEK 3

WEEK 4

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 3:10-3:40pm | Vegetables/Fruits | Vegetables/Fruits | Vegetables/Fruits | Vegetables/Fruits | Vegetables/Fruits |

Fort Rod Day Care

Monday Tuesday Wednesday Thursday Friday