|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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