

## Fort Rod Day Care

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>WEEK 1</b>	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	Vegetable Noodle in tomato sauce Vegetables/Fruits	Macaroni and Cheese Vegetables/Fruits	Bologna 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
<b>WEEK 2</b>	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	Vegetable Noodle in tomato sauce Vegetables/Fruits	Macaroni and Cheese 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
<b>WEEK 3</b>	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	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
<b>WEEK 4</b>	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	Vegetable Noodle in tomato sauce Vegetables/Fruits	Cheese Pizza  Vegetables/Fruits
	Afternoon snack	Milk, Cookies Jam Sandwiches	Milk, Cookies Jam Sandwiches	Milk, Cookies Jam Sandwiches	Milk, Cookies Jam Sandwiches	Milk, Cookies Jam Sandwiches

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