






MEAL SCHEDULE

Each child will be provided with breakfast, a morning snack, a balanced meal at lunch, and an afternoon snack that follows the food guide pyramid recommendations. **Schedules for Caterpillars are varied due to demand.**

CATERPILLARS - *The following items must be parent-provided:*

- Jars/Packets of Baby Food
- Rice/Oatmeal Cereal
- Breastmilk/Formula

	 BUTTERFLIES	 PENGUINS	 MONKEYS	 KANGAROOS	 OWLS
BREAKFAST	7:30-8:30 AM	8:00-8:30 AM	8:00-8:30 AM	8:00-8:30 AM	8:00-8:30 AM
LUNCH	11:00 AM-11:30 AM	11:45 AM-12:15 PM	11:45 AM-12:15 PM	12:00-12:30 PM	12:00-12:30 PM
AFTERNOON SNACK	2:30-3:00 PM	3:00-3:30 PM	3:00-3:30 PM	3:00-3:30 PM	3:00-3:30 PM

SAMPLE MENU

For Penguins, Monkeys, Kangaroos and Owls

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal 2% Milk	<i>Penguins + Monkeys:</i> Jelly toast <i>Kangaroos + Owls:</i> Jelly + PB toast 2% milk	Scrambled eggs w/ cheese <i>*we will make some dairy free</i> 2% milk	Waffles 2% milk	Yogurt <i>*contains dairy</i> 2% milk
LUNCH	Goulash w/ meatballs <i>*contains meat, possibly dairy</i> Peas, watermelon 2% milk	Grilled cheese sandwiches <i>*contains dairy</i> Green beans, applesauce 2% milk	Chicken tator tot hotdish <i>*contains meat, dairy</i> Mixed veggies, pineapple, bread + butter 2% milk	Cold meat + cheese wraps <i>*contains meat, dairy</i> Corn, peaches 2% milk	Corn dogs <i>*contains meat, dairy</i> Baked beans fruit cocktail 2% milk
AFTERNOON SNACK	Veggie Straws Water	Graham crackers Water	Vanilla wafers Water	Chewy granola bars <i>*may contain dairy</i> Water	Cheese sticks <i>*contains dairy</i> Water

SAMPLE MENU

For Caterpillars and Butterflies

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal	Jelly toast	Scrambled eggs w/ cheese <i>*we will make some dairy free</i>	Waffles <i>*may contain egg</i>	Yogurt <i>*contains dairy</i>
LUNCH	Goulash w/ meatballs <i>*contains meat, possibly dairy</i> Peas, watermelon	Grilled cheese sandwiches <i>*contains dairy</i> Green beans, applesauce	Chicken tator tot hotdish <i>*contains meat, dairy</i> Mixed veggies, pineapple, bread + butter	Cold meat + cheese wraps <i>*contains meat, dairy</i> Corn, peaches	Corn dogs <i>*contains meat, dairy</i> Baked beans fruit cocktail
AFTERNOON SNACK	Oranges	Graham crackers	Grapes	Banana bread <i>*contains dairy, baked eggs</i>	Apples