

EDITABLE DAYCARE MONTHLY MENU & DAILY SCHEDULE

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Monthly Menu



For the month of: September 2023

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	A.M. Snack	Graham crackers with fresh bananas & water	Oatmeal with fresh fruit & water	Yogurt with blueberries, strawberries & water	Breakfast cookies with sunbutter & water	Muffin with yogurt & water
	Lunch	Mac & cheese with apples, beans & milk	Tater tot casserole with corn, peaches & milk	Sunbutter sandwiches with oranges & milk	Corn dogs with baked beans, peaches & milk	Chicken nuggets with peas, apples & milk
	P.M. Snack	Goldfish crackers with fresh fruit & water	Saltine crackers with string cheese & water	Animal crackers with apples & water	Pretzels with string cheese & water	Hummus with mini pitas & water
Week 2	A.M. Snack					
	Lunch					
	P.M. Snack					
Week 3	A.M. Snack					
	Lunch					
	P.M. Snack					
Week 4	A.M. Snack					
	Lunch					
	P.M. Snack					
Week 5	A.M. Snack					
	Lunch					
	P.M. Snack					



Monthly Menu



For the month of: September 2023

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Breakfast	French toast sticks with syrup & milk	Blueberry muffins with applesauce & milk	Waffles with bananas & milk	Cold cereal with fruit cocktail & milk	Pancakes with peaches & milk
	A.M. Snack	Graham crackers with fresh bananas & water	Oatmeal with fresh fruit & water	Yogurt with blueberries, strawberries & water	Breakfast cookies with sunbutter & water	Muffin with yogurt & water
	Lunch	Mac & cheese with apples, beans & milk	Tater tot casserole with corn, peaches & milk	Sunbutter sandwiches with oranges & milk	Corn dogs with baked beans, peaches & milk	Chicken nuggets with peas, apples & milk
	P.M. Snack	Goldfish crackers with fresh fruit & water	Saltine crackers with string cheese & water	Animal crackers with apples & water	Pretzels with string cheese & water	Hummus with mini pitas & water
Week 2	Breakfast	Oatmeal with bananas & milk	French toast casserole with sausage & milk	Breakfast quesadillas with sausage & milk	Breakfast parfait with fresh fruit & milk	Egg bites with bacon & milk
	A.M. Snack	Yogurt bites with pretzels & water	Apple nachos with caramel, chocolate chips & water	Berry granola frozen yogurt & water	Fruit leather with crackers & water	Chocolate dipped bananas with pretzels & water
	Lunch	Pesto pasta with fruit cocktail & milk	Bean and cheese burrito with rice, salsa & milk	Turkey sandwiches with snap pea crisps & milk	Spaghetti and meatballs with salad & milk	Black bean quesadillas with corn, salsa & milk
	P.M. Snack	Veggie and cream cheese tortilla roll-ups & water	Apple slices with squeezable nut butter & water	Cheese slices with crackers & water	Trail mix with fresh fruit & water	Cheese sticks with grapes & water
Week 3	Breakfast	Banana bread with fruit cocktail & milk	Sunbutter bagels with applesauce & milk	Scrambled eggs with sausage, apples & milk	Baked doughnuts with fresh fruit & milk	Breakfast bars with yogurt, peaches & milk
	A.M. Snack	Rice cakes with nutella, bananas, berries & water	Chevy granola bars with fresh fruit & water	Raspberries stuffed with yogurt, pretzels & water	Sunbutter dip with fresh fruit & water	Cinnamon sugar soft pretzel bites & water
	Lunch	Meatball sandwich with fresh fruit & milk	Ham sandwich with corn, peaches & milk	Mini pizza rolls with carrot sticks, applesauce & milk	Broccoli cheese soup with bread, peaches & milk	Chicken nachos with guacamole, apples & milk
	P.M. Snack	Hummus with veggie chips & water	Chips with mild salsa & water	Jerky with trail mix & water	Spinach and turkey pinwheels & water	Baked cheese crackers with apples & water
Week 4	Breakfast	Overnight oats with fresh berries & milk	Chocolate chip muffins with applesauce & milk	Cold cereal with bananas, berries & milk	Banana pancakes with sausage & milk	Granola with yogurt, apples & milk
	A.M. Snack	Brownie batter dip with fresh fruit & water	Cereal with fresh fruit & water	Chocolate sunbutter oatmeal bars & water	Boiled eggs with granola, grapes & water	Fresh fruit popsicles with granola & water
	Lunch	Hummus pita sandwich with celery, carrots & milk	Pizza with fries, apples & milk	Ground beef tacos with rice, beans & milk	BBQ chicken sandwiches with baked beans, corn & milk	Chicken noodle soup with bread, apples & milk
	P.M. Snack	Boiled eggs with veggie chips & water	Saltine crackers with cheese, salami & water	Fruit leather with popcorn & water	Pretzels with grapes & water	Hummus with cucumber slices & water
Week 5	Breakfast	Cinnamon rolls with fruit cocktail & milk	Green eggs and ham breakfast pizza & milk	Mini fruit kebabs, berry yogurt dip & milk	Waffles with apples & milk	Scrambled eggs with toast, sausage & milk
	A.M. Snack	Graham crackers with sunbutter & water	Oatmeal cookies with apples & water	Yogurt with bananas, strawberries & water	Banana breakfast cookies & water	Carrot blueberry muffin & water
	Lunch	Salami sliders with broccoli, apples, & milk	Tuna salad sandwiches with corn, apples & milk	Pigs in a blanket with beans, oranges & milk	Chicken tenders with baked beans, corn & milk	Grilled cheese with tomato soup, apples & milk
	P.M. Snack	Goldfish crackers with ants on a log & water	Crunchy chickpeas with smoothie & water	Cottage cheese with fresh veggies & water	Chips with guacamole & water	Sweet potato fries with ketchup & water



Daily Schedule



6:00 - 7:30	Arrival & free play
7:30 - 8:00	Breakfast
8:00 - 9:00	Morning circle time
9:00 - 10:00	Outdoor play time
10:00 - 10:30	Morning snack & story time
10:30 - 11:30	Sign language/learning vidoes
11:30 - 12:15	Art projects
12:15 - 12:45	Lunch Time
12:45 - 3:00	Nap/rest/silent reading time
3:00 - 3:30	Afternoon snack & story time
3:30 - 4:30	Outdoor play time
4:30 - 6:00	Group time

Additional notes / things to know
Weather is expected to be cold
gloves & hats for outdoor p

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