

# Daily Schedule

7:30am-8:30am Morning arrivals & serving Breakfast.

9:00am-9:45am Circle group activities, color shapes, numbers, crafts & music/dancing time.

9:45am-10:00am Morning Snack.

10:00am Outside time. (swings, slides, playing ball, and running on lots of grass.

11:45am prepare for Lunch.

11:55am-12:15pm Lunch.

12:30pm-2:30pm Nap time or (quite time).

2:45pm-3:00pm Snack time.

3:15pm-4:30pm Tumbling and bubbles along with more outside time.

4:30pm-5:00pm Free play & pick ups.

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## Palace Daycare Meals

Monday:

Breakfast: Oatmeal & Banana

Morning snack: Grapes & crackers

Lunch: Grilled Cheese Sandwich, fresh fruit,veggies

Afternoon Snack: Mandarin Oranges & crackers

Drink: Milk or OJ

Drink: Apple Juice

Drink: Milk

Drink: Water

Tuesday:

Breakfast: Eggs,Pancakes, & Fruit

Morning snack: Banana & goldfish crackers

Lunch: Hot Dogs strawberries & veggies

Afternoon snack:Apple slices & Graham crackers

Drink: Milk or OJ

Drink: Apple Juice

Drink: Milk

Drink: Water

Wednesday:

Breakfast: Muffins/pastry & Fruit

Morning snack: Animal crackers & Yogurt

Lunch: Cheese Quesadilla, fresh fruit & veggies

Afternoon snack: Raisins & cheese it crackers

Drink: Milk or OJ

Drink: Apple Juice

Drink: Milk

Drink: Water

Thursday:

Breakfast: Eggs, Waffles & Strawberries

Morning snack: Applesauce & ritz crackers

Lunch: Chicken Nuggets, Strawberries , veggies

Afternoon snack: Cheese slices & crackers

Drink: Milk or OJ

Drink: Apple Juice

Drink: Milk

Drink: Water

Friday:

Breakfast: Cereal w/ Fruit

Morning snack: String cheese & Ritz crackers

Lunch: Mac&Cheese w/ corn

Afternoon snack: Yogurt & Graham Crackers

Drink: Milk or OJ

Drink: Apple Juice

Drink: Milk

Drink: Water