Sample Menu

Week of _____ — posted weekly for families.

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Lunch					
Afternoon snack					

All meals and snacks follow USDA Child and Adult Care Food Program (CACFP) guidelines. Water is available at all times. Meals are included in tuition — no need to pack food!

Infants (Seedlings) are fed on demand per each child's Form F care plan. Bottles are labeled with your child's name and date; infants are always held or seated for feeding.

Allergy note: every child's allergies and dietary restrictions are on file (Form D). Please tell Asia about any changes.

Asia: fill in each box before Monday and post a photo or printout for families.