



Sample daily schedule

8:00 - 8:30 am – Children arrive
 9:00 – 9:20 am – Breakfast
 9:20 – 10:00 am – Guided play time
 10:00 – 10:30 am – Morning exercise
 10:30 – 11:30 am – Circle time
 11:30 am – 12:00 pm – Outdoor play
 12:00 – 12:20 pm – Lunch
 12:20 – 12:30 pm – Preparation for nap
 12:30 – 3:00 pm – Nap
 3:00 – 3:30 pm – Storytime
 3:30 – 4:00 pm – Crafts
 4:00 – 4:20 pm – Dinner
 4:20 – 5:20 pm – Outdoor play & activities
 5:20 – 5:35 pm – Snack
 5:35 – 6:00 pm – Free time

Sample menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cream of What Fruit Toast with cream cheese and cucumbers Herbal tea	Oatmeal with berries Toast with cream cheese Herbal tea	Cereal with milk and berries Toast with butter Berry drink	Waffles with yogurt or jam Fruit Herbal tea	Omlette with chicken sausage Tomatoes Toast Tangerine Berry drink
Lunch	Chicken rice soup Steamed broccoli Bread with chicken bologna	Turkey buckwheat soup Steamed vegetables Sandwich with cheese and turkey	Chicken noodle soup Bell peppers Bread with butter and cheese	Split pea soup Chicken sandwich Cherry tomatoes	Red beet soup (borsch) Sliced cucumbers Whole wheat roll
Afternoon Snack	Yogurt Crackers Berries	String cheese Apple slices	Banan slices Crackers	Applesauce Cookies	Crackers String cheese Apple slices
Dinner	Pasta with butter and cheese Boiled turkey Fresh vegetables Buiscuit	Turkey meatballs Rice Apple and pear slices Berry drink Bun	Chicken nuggets Potatoes Steamed vegetables Tangerines	Chicken or beef stew Noodles Sliced cucumbers Bun	Rice pilaf with chicken Steamed vegetables Berries