



February 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Preschoolers sleep approx. 10 to 12 hours per day. It is important to help children develop good</i>					1. Turkey Sandwich Peas Orange Slices Milk	<ul style="list-style-type: none"> <i>Stick to that bedtime; give 2 warnings before that time arrives.</i>
<i>bedtime habits. A bedtime routine is a great way to ensure that your preschooler gets enough sleep.</i>	4. Chicken Nuggets Green Beans Peaches Milk	5. Sweet & Sour Meatballs Egg Noodles Mandarin Oranges Peas	6. Cheese Quesadillas W/ Salsa Mixed Vegetables Applesauce Milk	7. Pasta w/ Alfredo Sauce Broccoli Orange Slices Milk	8. Ham Sandwich Sweet Potato Fries Bananas Milk	<ul style="list-style-type: none"> <i>Make the bedroom quiet & cozy.</i>
<i>Here are a few ideas to keep in mind when establishing a routine:</i>	11. French Toast Sticks Cucumbers Orange Slices Milk	12. Pasta Salad w/ Turkey, Peas & Carrots Apple Slices Milk	13. Grilled Ham & Cheese Broccoli Applesauce Milk	14. Cheese Pizza Cauliflower Honeydew Milk	15. Cinnamon Pancakes Peas Bananas Milk	<ul style="list-style-type: none"> <i>Limit food and drink before bedtime.</i>
<ul style="list-style-type: none"> <i>Include a winding down period 1 half hour before bedtime.</i> 	18. Sunbutter & Jelly Triangles Mixed Vegetables Orange Slices Milk	19. Turkey Hot Dogs Baked Beans Peaches Milk	20. Raviolis Cucumbers Cantaloupe Milk	21. Macaroni & Cheese Peas Bananas Milk	22. Turkey Sandwich Sweet Potato Fries Apple Slices Milk	<ul style="list-style-type: none"> <i>Play soft & soothing music & tuck your child in all snugly.</i>
<ul style="list-style-type: none"> <i>Set a fixed time for napping, bedtime & wake up.</i> 	25. American Chop Suey Green Beans Orange Slices Milk	26. Chicken Nuggets Cauliflower Pineapple Milk	27. Cheese Pizza Mixed Vegetables Cantaloupe Milk	28. Ham Sandwich Cucumbers Bananas Milk		<i>For more info visit: www.kidshealth.org</i>

Breakfast: Cheerios, Fruit, Toast with Sunbutter and Jelly, Milk

Snacks: Goldfish, Veggie Sticks, Craisins, Cinnamon Toast Crunch/Cheerios Mix, Wheat Thins, Graham Crackers, Gerber Fruit Puffs

We serve Whole Milk that is All Natural & Free of Growth Hormones.