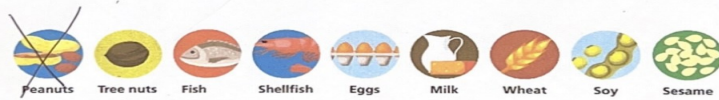




February 2025 Precious Memories Place



SUN	MON	TUE	WED	THU	FRI	SAT
Preschoolers sleep approx. 10 to 12 hours per day. It is important to help children develop good bedtime habits	Please be advised that food prepared here may contain these ingredients: 					<ul style="list-style-type: none"> Stick to that bedtime; give 2 warnings before that time
bedtime habits. A bedtime routine is a great way to ensure that your preschooler gets enough sleep	3. Mac & Cheese Broccoli Apple Sauce Milk	4. Pizzadilla Carrots Pineapple Milk	5. Chicken, Broccoli, Pasta Alfredo Melon Milk	6. Grilled Cheese on Whole Wheat Green Beans Apple Slices Milk	7. Sunbutter & Jelly on Whole Wheat Cucumber Slices Orange Slices Milk	<ul style="list-style-type: none"> Make the bedroom quiet & cozy.
Here are a few ideas to keep in mind when establishing a routine:	10. Pasta w/Turkey Meatballs Peas Peach Slices Milk	11. Cheese Quesadillas w/ Salsa Broccoli Melon Milk	12. Chicken Nuggets Green Beans Apple Slices w/ Sunbutter dip Milk	13. Pasta Salad w/ Turkey, peas and Carrots Pineapple Milk	14. Turkey Hot Dog Baked Beans Orange Slices Milk	<ul style="list-style-type: none"> Limit food and drink before bedtime.
<ul style="list-style-type: none"> Include a winding down period 1 half hour before bedtime. 	17. Presidents Day Center Closed	18. Pasta w/Alfredo Sauce Green Beans Applesauce Milk	19. Grilled Cheese on Whole Wheat Broccoli Orange Slices Milk	20. Turkey Sandwich on Whole Wheat Cucumber Slices Melon Milk	21. Chicken & Pasta Peas Apple Slices Milk	Play soft & soothing music & tuck your child in all snugly.
<ul style="list-style-type: none"> Set a fixed time for napping, bedtime & wake up. 	24. American Chop Suey w/Ground Turkey Peas Peach Slices Milk	25. Cinnamon Pancake Apple Slices w/ Sunbutter Dip Milk	26. Fish Sticks Sweet Potato Fries Pineapple Milk	27. Sunbutter & Jelly on Whole Wheat Green Beans Orange Slices Milk	28. Cheese Quesadilla w/Salsa Broccoli Melon Milk	For more info visit: www.kidshealth.org

Breakfast: Cereal, Fruit, Toast, Milk & Juice

Snacks: Goldfish, Cinnamon Toast Crunch/Cheerios Mix, Wheat Thins, Gerber Fruit Puffs, Craisins, Raisins, Veggie Sticks Whole Milk is All Natural & Free of Growth Hormones