



Fort Shine Daycare Menu



updated Aug 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted Cereal & milk (Cheerios, Rice Crispies, Corn Flakes, etc)	Muffins or Bagels & Milk	Assorted Cereal & milk (Cheerios, Rice Crispies, Corn Flakes, etc)	Muffins or Bagels & Milk	Assorted Cereal, milk (Cheerios, Rice Crispies, Corn Flakes, etc)
Lunch	Grilled Ham Cheese and veggies	Chicken with Rice and veggie	Pizza with veggies	Chicken Nuggets & Salad	Hot Dogs with Buns & veggies
Snack	Trail Mix & fruit (Goldfish, dried fruit, chocolate chips, seeds, etc)	Yogurt & fresh fruits	Apple sauce & cookies	Jam sandwiches & fruit	Cheese and crackers & fruit

Note: Fruit is included: apple, orange, banana, melon, watermelon and strawberry.

Fruit, cereal, cracker and jam sandwiches are available upon request during the day