The National CACFP Association has developed seasonal activity newsletters for your use. Each newsletter contains a recipe, craft activity, movement activity and info about the CACFP to share with your parents. Click each picture to download the newsletter.

Weekly Menu Ideas

8-8:30 am breakfast
8:30-9:45 am play in areas, infants meals/am naps
9:45-10:45/11 am outdoor play, weather permitting or music time
10-10:30 am snack
10:30-11:30 am activities
11:30-12 pm lunch
12-12:30 pm transition
12:30-1 pm nap time
1-2 pm snack
2-2:30 pm activities
2:30-3 pm snack
3-3:30 pm snacks
3:30-4:30 pm outdoor play time or play in areas
4-4:30 pm snack
4:30-5:00 pm play in areas or outdoor time
5-5:30 pm getting ready to go home, puzzles, books, art, sensory

Children's favorite meal? Nutritious meals to my children.

Why did you start the business? I always knew I wanted to be a teacher of some kind. Going back to school for early childhood education was a natural step for me.

To continue receiving our emails, add us to your address book.