

# Basic Schedule

{Times are a Rough Estimate}

**{6:30/7:30am}**

Wake Up & Morning Bottle



**{One Hour Later}**

Solid Food Breakfast

*Beth's Family*

**{10:00-11:30am}**

Bottle & Morning Nap Time (Sometimes he skips bottle.)

**{12:00pm}**

Lunch



**{2:00-3:30pm}**

Bottle & Afternoon Nap (Sometimes he takes bottle after nap.)

**{5:00/6:00pm}**

Dinner



**{8:00/9:00pm}**

Bottle & Bedtime

# Basic Schedule

{Times are a Rough Estimate}



{Morning}

{Afternoon}



{Evening}



# Basic Schedule

{Meal Times}



{Play Times}



{Bedtime}

{Other}



# Approved Foods

## {Allergies}

N/A

Beth's Family



## {Snacks\*}

Cheerios  
Annie's Cheddar  
Bunnies  
Cheese Stick

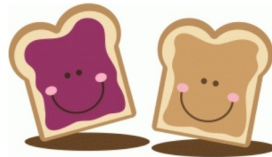
*\*\*Can have anytime*

## {Breakfast}

Cereal Bar  
Bagel w/ Plain Cream Cheese  
Yogurt in Bowl with Granola

Fruit  
Fruit  
Fruit

Apple Juice  
Apple Juice  
Apple Juice



## {Lunch}

Peanut Butter & Jelly  
Grilled Cheese  
Sandwich Meat & Cheese

Fruit/Veggie  
Fruit/Veggie  
Fruit/Veggie

Apple Juice  
Apple Juice  
Apple Juice



## {Dinner}

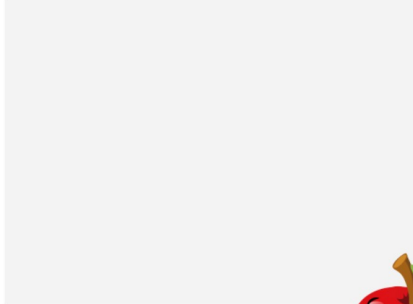
Version of Adult's Dinner  
Chicken Nuggets & Mac n Cheese

Fruit/Veggie  
Fruit/Veggie

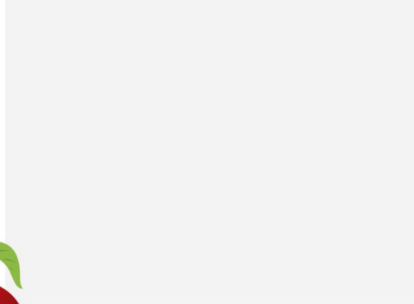
Apple Juice  
Apple Juice

# Approved Foods

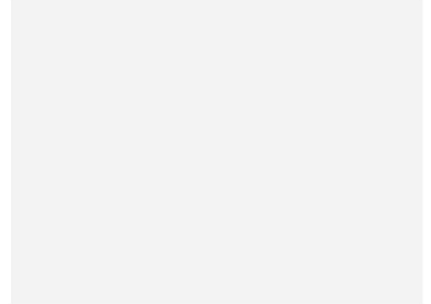
{Allergies}



{Snacks}

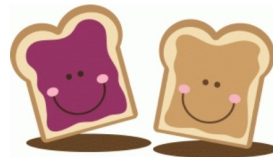


{Drinks}



{Breakfast}

{Lunch}



{Dinner}