



# Family Space Quinte Inc.

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## Licensed Home Child Care Program

### SAMPLE MENU PLAN/ FIRE DRILL RECORD

<b>Caregiver:</b> _____	<b>Week of:</b> _____
<b>Snack: 2 Food Groups    Meal: 4 Food Groups + one extra fruit or vegetable</b>	
<b>Monday:</b>	<b>Snack:</b>  <b>Lunch:</b>  <b>Snack:</b> _____ <b>Extra Meal:</b> _____
<b>Tuesday:</b>	<b>Snack:</b>  <b>Lunch:</b>  <b>Snack:</b> _____ <b>Extra Meal:</b> _____
<b>Wednesday:</b>	<b>Snack:</b>  <b>Lunch:</b>  <b>Snack:</b> _____ <b>Extra Meal:</b> _____
<b>Thursday:</b>	<b>Snack:</b>  <b>Lunch:</b>  <b>Snack:</b> _____ <b>Extra Meal:</b> _____
<b>Friday:</b>	<b>Snack:</b>  <b>Lunch:</b>  <b>Snack:</b> _____ <b>Extra Meal:</b> _____
<b>Saturday:</b>	<b>Snack:</b>  <b>Lunch:</b>  <b>Snack:</b> _____ <b>Extra Meal:</b> _____
<b>Sunday:</b>	<b>Snack:</b>  <b>Lunch:</b>  <b>Snack:</b> _____ <b>Extra Meal:</b> _____

**FIRE DRILL COMPLETED ON:** \_\_\_\_\_



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