

PreSchool Mom's Helper

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Meals	B	yogurt and fruit	cheese toast	oatmeal/muffins	bagels	cereal	pancakes
	L	ham sandwich veggies	smoothie	quesadillas	pbj/pretzels	tuna salad	nachos
	D	chicken Dish	beef dish	soup and salad	Mexican	pizza	Special meal
Table Time	A-Reading/Math B-magnetic letters & metal cookie sheet	A-Reading/Math B-muffin tin sorting	A-Science B-picture magnets & cookie sheet	FIELD TRIP DAY	A-Reading/Math B-stringing beads	puzzles	
Housework	Clean bathrooms	Vacuum	weekly deep clean project	none	Clean school room	wash sheets straighten rooms	
Snack	popcorn	popsicles	Cheese & crackers	trail mix	fruit/muffin	juice & cookies	
Rest Time	doll house Cars & blocks (build bridges)	V-tech Legos	play kitchen action figures	dress up puppets	Legos V-Tech	free play	
Afternoon activity	stamping	playdough	coloring	video	water color painting	board games	