

Summer Programs



Monday - Friday
8:00AM-6:00PM

Program Highlights

- *Summer Camp
- *Tutoring
- *Field Trips
- *Cooking
- *Outdoor Activities
- *Small Groups
- *Creative Curriculum
- *Academic Enrichment
- *Nutritious Meal
- *Arts & Craft
- *Science Projects
- *Bible Lessons
- *One on One
- *Manipulatives

Program Overview

Glorious Future is a high quality christian program. Our programs are uniquely designed to help children achieve all round excellence. Children are provided with a variety of opportunities to learn and grow. Our programs are designed to meet the individual needs of every child. Our goal is to provide families with exceptional child care service. We pride ourselves in providing an experience that our students will never forget. Children build godly character through daily devotional time, sharpen academic skills with our carefully designed academic program, have fun with a variety of activities including: swimming, trips, outdoor activities, cooking, art & crafts, and most of all build meaningful friendships.

We are committed to providing an environment that promotes creative thinking and exploration. Our activity space is set up differently from traditional classrooms, with furniture arranged to create an intimate and interactive environment. Our program has a unique culture that promotes a sense of community and identity among children.

Programing for the whole Child

Spiritual Development

Each day children are provided with the opportunity to learn God's word, pray and engage in a time of praise and worship. Children get a variety of bible verses that reinforces who they are in Christ.

Academic Enrichment & Remedial Program

Each day for 3 hours children engage in a rigorous academic program in Reading, writing and math. It is without a doubt that children will practice and learn new skills to prepare them for the upcoming school year. **Math** Every Day Students practice their math facts (Addition, subtraction,



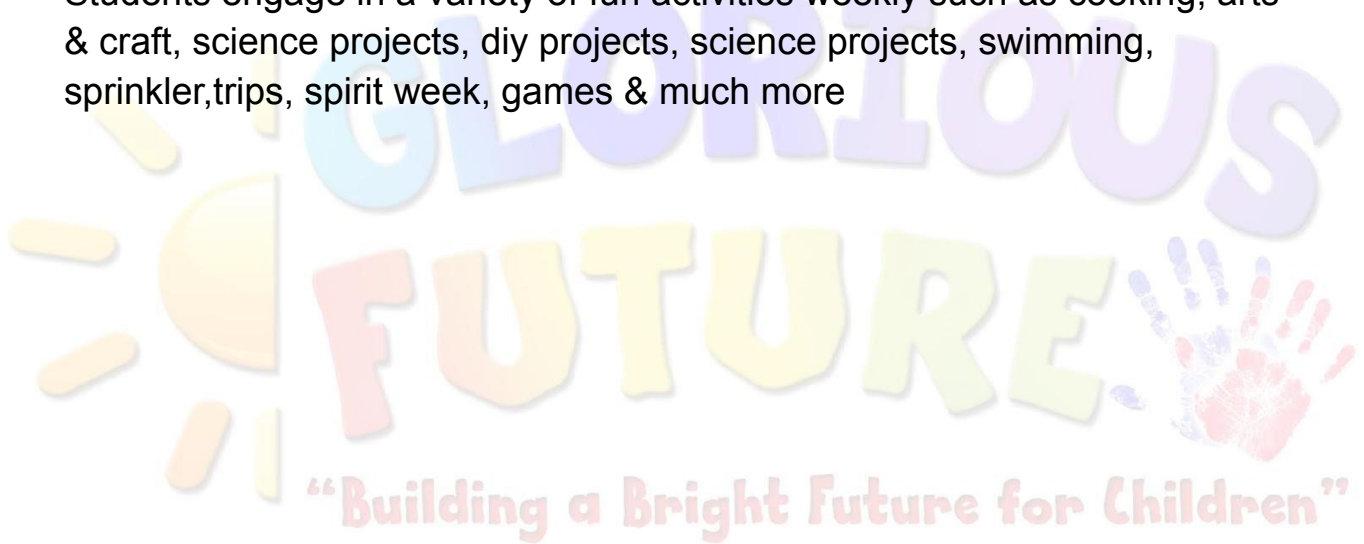
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Multiplication & Division) and prepare for the next grade. **Reading** Students spend 20 minutes daily reading and completing a reading log using an

online reading program. **Writing** Students engage in daily writing prompt questions to build writing skills

Fun Activities

Students engage in a variety of fun activities weekly such as cooking, arts & craft, science projects, diy projects, science projects, swimming, sprinkler, trips, spirit week, games & much more





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Our Philosophy

Glorious Future believes that all children are precious gifts from God with unique and special talents. Our major emphasis is to help children discover and develop their God-given talents while providing a safe, nurturing environment. We also believe that all children have a predestined glorious future that has been designed by God and our role is to equip them with the skills required to fulfill their glorious future.

We believe that children must be provided with rich, engaging experiences that meet their individual developmental needs (moral, cognitive, social, emotional and physical development). We believe that all children can learn when provided with the appropriate learning resources and experiences. Children must feel safe in their environment. Children should enjoy the joys of being a child. Children should have the opportunity to build trusting and healthy relationships with adults. Children should have the opportunity to build safe and healthy relationships with their peers.

As a Christian School Age Program, we help children to learn and practice the word of God in all aspects of their lives. We teach them to KNOW, LOVE and OBEY God's word by being role models. Christian values are woven into our curriculum and daily activities. The children are taught about God's love and great plan for them.

We believe that the family is the most important factor in a child's life. Therefore building strong relationships with parents is very important to us and we take a partnership in providing parents with a high quality school age program.



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*"A person is a person no matter how small."
Dr. Seuss*

Mission Statement

It is the Mission of Glorious Future to provide high quality Christian School Age Program for families in a safe and nurturing environment that equips children to achieve all round excellence.

Message from the Executive Director

Dear, Parents

Thank you for considering, Glorious Future Program for your child. A healthy and positive childhood experience is very important for your child's all round development. We would be thrilled and privileged to be part of this experience. I look forward to an exciting productive partnership and the opportunity to work together with you on behalf of your child.

Sincerely,
Aderiyike Sowunmi

"If children are given the necessary tools to succeed, they will succeed beyond their wildest dreams."

-David Vitter

Summer Program Schedule

Program Schedule

Full Day Schedule

1. Arrival	8:00AM - 8:30AM
2. Breakfast	8:30AM - 9:00AM
3. Morning Devotional	9:00AM - 9:30AM
4. Academic	10:00AM - 1:30PM
AM Snack Break @11:30AM	
5. Lunch	1:30PM - 2:00PM
6. Quiet/Rest Time/Free Choice	2:00PM - 3:00PM
7. Outdoor/Activity	3:00PM - 4:30PM
8. PM Snack	4:30PM - 5:00PM
9. Closing Circle	5:00PM - 5:15PM
10. Free Choice/Quiet	5:15PM - 6:00PM
11. Dismissal	6:00PM

Summer Academic Schedule

Math 10:00AM - 11:30

Math Facts	15mins	10:00AM - 10:15AM
IXL Activity	45mins	10:15 AM-11:00 AM
Math Games /Educational Math sites	30mins	11:00AM - 11:30AM

AM Snack Break 11:30AM - 11:50AM

ELA 12:00PM - 1:30PM

Independent Reading	20mins	12:00PM - 12:20PM
IXL Activity	20mins	12:20 PM-12:40 PM
Writing Activity	20mins	12:40 PM -1:00 PM
ELA Games/ Educational ELA Sites	30mins	1:00PM -1:30PM



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SUMMER CAMP POLICY

Dear Glorious Future Parents & Guardians,

I would like to use this opportunity to welcome you on an amazing Summer Camp Journey! It is my prayer that this summer will be the best summer ever for you and your children. It is our summer to reach greater heights, to grow, explore, learn, and build meaningful and enriching relationships. I want to thank you for choosing Glorious Future as your Child's Summer Camp destination. I look forward to the opportunity to serve your families!

My goal for this summer is to provide parents with an exceptional child care service that will foster the all-around development of your child. I have spent a lot of time and resources extensively preparing for this year's camp to ensure that your child has an amazing summer filled with much learning and fun. As we take this journey I trust that your child will be positively influenced to be the best they were created to be. I believe that all children are created with the divine ability to fulfill their God given purpose. With this understanding, my role is to help develop skills and discipline that would prepare them for a Glorious Future. Once again, I thank you for the opportunity to work with your child and I look forward to having an amazing summer!

In my effort to proving parents with exceptional child care service, please adhere to the following program policy:

Registration

- Parents must update information on previously filled registration forms
- Parents must submit Updated Medical form for the summer camp
- Every parent must pay the \$125 registration fee; \$75 each additional for families of 2 or more.
- Sign a new enrollment contract form summer camp.

Payment & Fees

- All payments are due BEFORE service. No Exceptions.
- Service will not be provided without payment. If you fail to make payments, your child's seat will be given to another student.
- All registration fees must be paid in full prior to camp start date.
- All parents who choose to pay a weekly fee are required to have a security deposit of 2 week's camp fee that will be used for the 2 weeks of camp.
- Payments not received by Friday will incur a \$5 late fee for every week payment is late.
- Payments MUST be made in a sealed envelope with the student's name and week of payment.
- All payments must be made via, cash app or quick pay, postal money order.
- NO cash payments will be accepted
- No Personal Checks will be accept only bank certified checks
- If you are going to be late in making payments for whatever reason, please talk to the Program Director promptly.

- All payments are due before service, there are no exceptions.
- Payments are not based on attendance for on enrollment for the program
- Full payments are due regardless of numbers of days in attendance
- Only students enrolled in part time can switch days only in advance
- See price list for program prices for details
- Late fees: Parents are expected to pick up their child(ren) by 6:00 PM. And absolutely no later than 6:15PM Late pickups will be charged \$5 for every 10 minutes late.
- A minimum of 2 full week's (10 full business days) notice is required if children will be absent from the program for any reason.
- If you do not inform the Program Director within this time frame, you will still be responsible for the full payment for the week the child is absent.
- If your child is absent due to unforeseen circumstances, i.e. your child is sick or you are having financial hardships, you will be required to pay only 50% of the child care fee.
- If you are going to be late in making payments for whatever reason, please talk to the Program Director in advance to make specific arrangements on how fees will be paid.

Arrival

- Arrival time is at 8:00.
- Any arrival time earlier than 8:00 will be subject to an early drop off fee.
- Parents must Sign in & sign out children daily

Pick up Policy

- All students must be picked up promptly by 6:00PM.
- All Parents will be given a grace time of 10mins

- Parents who are running late should notify the program director via text or phone call at least 1 hour before.
- All Children who are picked up later than 6:10 will be charged a late fee.
- A Late fee of \$5 per every 10 mins will be applied to weekly fees.
- Keep in mind that staff must be compensated for overtime.
- Remember to Sign out your child at pick up.
- Children are not allowed to leave the building without a written permission from the parents
- We are not allowed to send children to the car outside the building.

Absences

- If students are going to be absent, parents must inform the program director.
- Parents will not have to pay for scheduled absences (minimum 1 full weeks' notice is required to make necessary financial adjustments)
- Parents of children who are enrolled in the program must make regular payments regardless of the amount of days their children are present. There are no partial payments allowed due to attendance as payments are not based on attendance, but rather the security of a child's seat in the program. Only part time students are allowed to make up days missed but an advance notice is needed.

Electronic Devices Policy

- Students can bring electronics to the center.
- Students must be productive with their electronics devices.
- Students are not permitted to make calls without permission.
- Students are not permitted to make video recordings at the center, as this involves the recording of other students.

Academic Policy

- Academic work is designed for students operating on their respective academic levels.
- Students who are below their respective academic level will be placed on remedial programs.
- All students must fully participate for maximum benefit.
- All students will have access to ixl with their login information.
- Parents must purchase the recommended chapter books for summer
- Parents can send students with a library card to visit the library.
- Please check your child's work weekly and ensure it is satisfactory.
- Students are expected to work independently and receive guidance as they move up in grades.
- We are not permitted by law to force any child to do work.
- We will do our best to encourage and motivate your child.

Library

- Students will get a chance to go to the Library each week.
- Parents can send students with library cards so that they can use the computer and check out books.



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- Students will only be allowed to check out one book at a time with parents' permission.
- Students will not be permitted to check out books for other students.

Staff Management

- Any complaints or concerns should be reported to the program director immediately.
- We have several volunteers that would be assisting us during program hours.
- All children that are left with the Staff have undergone all required screening processes by the Department of Health.

Behavior Management

- Students are expected to follow the rules of the program.
- Students are expected to respect all staff.
- Under no circumstance is any child allowed to hit other children.
- Children will be given 3 verbal warnings.
- A redirection approach will be used to tailor a child's energy.
- Parents will be notified if behavior does not change.
- Parents would be required to pick up children whose behavior gets out of hand in such a way that becomes unsafe for other children and them.

Discipline Policy



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● Discipline Policies will be implemented when children are not following the rules, and will include the following:

- Verbal warning
- Redirection (children will be encouraged to change to a positive activity.)
- Group Separation (10 mins)
- Loss of privileges (No game / fun time.)
- Call to parents if behavior continues

- If behavior continues, students will be expelled from the program immediately.
- It is very important that parents explain to their children the importance of camp rules to ensure their safety and well-being and to make sure they enjoy themselves.
- We have a zero-tolerance policy for hitting and inflicting pain of any kind to other students.
- We have a zero-tolerance policy for bullying. The children expected to work together to build a community setting.
- For children who do not follow camp policy and endanger the safety of other campers, their parents will be asked to pick up their child immediately. Such a child will be separated from the group while we await parents to come.
- Students with uncontrolled behavior will not be allowed to participate on trips.
- To ensure the safety of all camp-goers, children who have uncontrollable behavior issues will no longer be able to attend the camp.

Fun Friday

- Fun Friday will be held once a month



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- Parent who wish for their child to participate should pay \$10 per child
 - Activities include: Pizza/Mc. Donald's/ Burger Kings, drinks, chips, ice-cream, candy, Fun games, rewards, prizes etc.
-

Parent Support

- In our effort to provide parents with excellent child care services, we ask that parents encourage their children to follow the rules of the program.
- Encourage your children to always be responsible.
- Parents are welcome to express concerns or make a complaint at any time.
- We also welcome suggestions on how to make sure the program is meeting the needs of parents.
- Be sure to let us know when we are doing a great job.

Dropping Out of Program

- A minimum of 2weeks (10 business days) of notice is required if parents are withdrawing their children out of the program for any reason. If you do not notify the director within this time frame, you will still be responsible for the payment for 2 weeks.
- Without a formal notice of 5 business days your security deposit will be forfeited.

Trips, Swimming and the Park

- All parents must sign permission slips for trips.



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- Children must wear covered shoes and socks.
- Children must bring their own bottle of cold water.
- Children must wear a camp t-shirt to Trip.
- Girls must wear proper bathing suits that fit them properly.
- Boys must wear proper bathing suit with mesh and a white T-shirt

- Proper water shoes are required
- Children must bring a clean towel to dry off(Please label their clothes properly with a permanent marker)
- Children must bring plastic bags to store wet clothes
- Children will not be allowed to participate in swimming without proper attire, Pools are very strict with their policy.

Allergies

- Parents must inform the program director of their child's allergies or food preferences.

I have read and reviewed this policy in its entirety and understand all policies and expectations for myself and my child. I understand that I am expected to abide by all terms listed above, and by signing my name below, I agree to these terms. I understand that my child can be dismissed from the program for reasons including, but not limited to, 1) any missed payments without proper notice to the Program Director; and 2) uncontrollable child behavior that affects the safety of other children.

Name of Child

Date

Signature of Program Director

Summer Program Fees

Program Registration \$125

\$75 for 2nd Child & \$50 for each additional Child

Childcare

Full Day	8:00AM - 6:00PM	\$50
Half Day AM	8:00AM -1:00PM	\$35
Half Day PM	1:00PM -5:00PM	\$35

Weekly Fees Summer Camp

5 Days	\$225
3 Days	\$150
2 Days	\$100
Daily	\$50

Payment Plans Options

9 Weeks	\$1800	2 payments of \$900	4 Payments of \$450
6 weeks	\$1260	2 Payments of \$630	4 Payments of \$315
3 Weeks	\$645	2 Payments of 322.50	-
2 Weeks	\$440	1 Payment of \$440	-
1 Week	\$225	1 Payment of \$225	-

Note : Registration Fees covers all program Materials.
10 % discount Sibling Discount Available



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Summer Tutoring /Academic Enrichment Registration Fee \$50

hourly Rate

1 hour Session	\$35
4 45mins Session	\$100
2 45min Session	\$ 60

PLEASE NOTE:

- 10% discount applies only to the second child in a family of 2 or more.
- Payments are made based on enrollment and not attendance.
- Payments for the week must be made regardless of the number of days a student attends the program.



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• All payments are due before service. No exception will be made.

Summer Camp Trip Itinerary 2022

Dear Parents and Guardians,

In addition to the exciting and enriching activities that we have for your students at the Glorious Future Day Camp Center, we also have fun trips planned throughout the summer to guarantee that they have the best time at camp! Listed below are the trips that we have planned, with an option to choose which trips you would like for your child to attend.

Trips	Prices	Date
Bowl 360	\$35	07/15/22
Rye Playland Park	\$45	07/28/22
Luna Park	\$65	08/11/22
Adventure Land	\$50	09/01/22

Parks /Sprinkler/Picnic @ St. Albans Park

Trips	Prices	Date
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Park	\$15	07/08/22
Park	\$15	07/22/22
Park	\$15	08/05/22
Park	\$15	08/19/22

Please return the signed permission slip as well as an envelope with the money enclosed with your child's name and date written on it. If you have any questions feel free to contact Ms.Ricki

The children will be going to the park every Monday. On those days, please send your children money for Icee and Ice cream.

Thank you for your cooperation.

Aderiyike Sowunmi
Program Director
(917) 545 - 6762

I give my child _____ permission to attend the following trips:

Bowl 360 Rye Playland Legoland Adventure Land St. Albans Park

I DO NOT give my child _____ permission to attend the following trips:

Bowl 360 Rye Playland Legoland Adventure Land St. Albans Park



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I request for my child to be provided lunch of turkey & cheese/peanut butter & jelly sandwich, chips, fruit cup, & water in a brown bag: **Bowl 360 Rye Playland Legoland Adventure Land St. Albans Park**

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

Weekly Program Activities

Days	Activity
Mondays	Indoors/ Group Games
Tuesdays	Crafty Tuesdays (DIY Projects)
Wednesdays	Cooking/Science Activity
Thursdays	Themed Activity
Fridays	Fun Friday/Trips

Themed Activity

Activity	Date
Movie & Chill	07/07/22
Paint Party	07/14/22
Slumber Party	07/22/22
Fashion Show	07/29/22



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Talent Show	08/05/22
"Building a Bright Future for Children" Game Day	08/12/22
Backyard Olympics	08/18/22
Movies & Chill	08/25/22
End of Camp Party	08/31/22

Summer Program Menu

Week 1 Menu

Breakfast

1. 1 cup cereal (Kellogg's Corn flakes), 1 cup of 1% low fat Milk & ½ Cup of Banana slices
2. 1 cup of low fat Yogurt & ¼ cup of Granola & ½ cup of Berries, 1 cup of 1% low fat milk
3. 1 serving of Whole grain bagel With Jelly & low fat Cream cheese, 1 cup of 1% low fat milk & 1/2 cup of blueberries.
4. 1 small (2 1/2 inch size) of Blueberry Muffin, 1(2oz) String cheese, 1 cup 1% low fat milk , ½ cup of fresh strawberry
5. ½ cup of cooked Oatmeal with 1 cup of 1% low fat milk & ½ cup serving of Bananas

Lunch /Dinner

1. 2oz Grilled Chicken breast on Whole grain slice bread with ¼ cup/ 2oz lettuce & 1 slice tomato, ½ cup of carrots, ¼ cup Apple slices & 1 cup of 1% low-fat milk
2. 4oz Fish Sticks With ½ cup of mixed veggies, ¼ cup of Watermelon, 1 slice of whole Whole Grain bread & 1 cup of 1% low fat milk
3. 2Tbsp Peanut Butter on whole Grain Slice Bread, 2oz low fat string cheese ½ cup of baby carrots, ¼ cup of Apple slices with 1 cup of 1% low fat milk.
4. 2oz 100% Beef Hot dog on an whole grain hot dog bun with, ½ cup of steamed corn, ¼ cup of watermelon with 1 cup of 1% low fat milk
5. ½ cup Whole wheat Spaghetti with 2 oz of lean turkey meatballs, ½ cup fresh salad, ½ cup Orange slices & 1 cup of 1% lowfat Milk

PM Snacks



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1. 4 oz low fat Yogurt & 4 squares of Graham crackers
2. ¾ cup of Carrot & Cucumber with 1oz/2 Tbsp Hummus dip & Water
3. 1 Serving (1 cracker) of Ritz Crackers ¾ cup of raisins & 1 Cheese Stick
4. 1 Serving (¾ oz) of Goldfish & ¾ cup of 100 % Apple juice
5. 2 Tbsp of peanut butter and ½ cup serving Banana slice

Week 2 Menu

Breakfast

1. 1 cup of Cheerios Multi Grain Cereal with 1 cup of 1% low fat milk & ½ cup serving of Banana Slices
2. 1 Piece of whole grain toasted Waffles with 1 serving size(1 piece of turkey link) Turkey Sausage with ½ cup of Applesauce with 1 cup of 1% low fat Milk
3. 2 small size Scrambled eggs with 1 slice whole wheat toast & Butter with 1 cup of 1% low fat milk & ½ cup of fresh mixed berries
4. 1 Small size of Toasted Blueberry Muffin 1 serving String Cheese (2oz) & 1 Cup of 1% Lowfat Milk & ½ Cup of banana Slices
5. 1 cup of low fat Yogurt & ¼ cup of Granola & ½ cup of strawberries & 1 Cup of 1% low fat milk

Lunch /Dinner

1. 2 ounces of canned Tuna with 1 slice of whole grain bread, lettuce, tomatoes slice, ½ cup of carrots with ¼ cup of watermelon & 1 cup of 1% low fat milk
2. 4 ounces Chicken Nugget patties, with ½ cup of Steamed Corn & 1 slice of whole grain bread with lettuce & tomatoes & ¼ cup of Watermelon & 1 cup of 1% low fat milk
3. Grilled Cheese Sandwich with 2 ounces of cheese with whole wheat slice bread with ½ cup of steamed carrot with ¼ cups of grapes, 1 Cup 1%low fat milk.
4. 1 serving of 100% (90% lean) beef/Turkey patty on a whole grain bun,¼ cup of steamed corn, choice of lettuce and tomato slices ¼ cup of apple slices with 1 Cup 1% low fat milk
5. ½ cup of Brown rice with ½ cup steamed mixed veggies with 2 ounces of grilled chicken strips with ¼ cup pineapples with 1 Cup of 1%low fat milk

EVENING SNACK



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1. 4oz of Yogurt & 1 serving Graham Crackers (4 Squares) & $\frac{3}{4}$ cup banana slices
2. $\frac{3}{4}$ cup of Carrots & Celery Sticks mix with 2 Tbsp Peanut Butter
3. $\frac{3}{4}$ oz of Gouda with $\frac{1}{2}$ tsp of cream Cheese & $\frac{3}{4}$ cup of raisins & 1 Cup of Water
4. 1 Small whole grain Tortilla Wrap with $\frac{3}{4}$ cup of tomato salsa & $\frac{1}{2}$ ounce of Mozzarella cheese
5. 1 small serving of whole grain banana muffin with 1 Cup of 1% low fat milk

Week 3 Menu

Breakfast

1. 1 serving of Toasted Whole Wheat Bagel (Small Size) with Cream cheese & Jelly $\frac{1}{2}$ cup peaches & 1 Cup of 1% low fat milk
2. 1 cup of Cereal (Kellogg's Rice Krispies) with $\frac{1}{2}$ cup strawberry with 1 Cup of 1% low fat milk
3. 1 cup of Low fat yogurt with $\frac{1}{4}$ Cup granola $\frac{1}{2}$ Cup serving of banana slices, 1 Cup of 1% low-fat milk
4. $\frac{1}{2}$ cup of Oatmeal with $\frac{1}{2}$ Cup serving of banana & Blueberries 1 Cup of 1% low fat milk
5. 1 serving of Hard boiled egg (1 Medium Size) with 1 serving whole Grain Toasted English Muffin (1 whole medium size) & $\frac{1}{2}$ cup mixed berries with with 1 Cup 1% low fat milk

Lunch /Dinner

1. 2 oz of lean Turkey turkey breast on enriched sliced bread with lettuce & tomato slices with $\frac{1}{2}$ cup of carrot sticks and $\frac{1}{4}$ cup peaches with 1 Cup of 1% low-fat milk.
2. 4oz of Fish sticks with $\frac{1}{2}$ cup of steamed corn, 1 slice of whole wheat bread $\frac{1}{4}$ cup Orange slices, 1 Cup of 1% low fat milk
3. 2 ounces of canned Tuna on 1 serving of whole grain bread, lettuce, tomatoes slice, with $\frac{1}{4}$ cup of watermelon, $\frac{1}{2}$ Cup of Carrot Sticks & 1 Cup 1% low fat milk
4. 2oz of Grilled chicken breast with $\frac{1}{2}$ cup of whole wheat Pasta with $\frac{1}{2}$ cup fresh spinach & Cherry tomatoes, $\frac{1}{4}$ cup of mixed fruit cup 1 Cup of 1% lowfat milk
5. 1 serving of 100% beef Hot dog (1 piece) on a whole grain rich bun, $\frac{1}{2}$ cup steamed corn & $\frac{1}{4}$ cup Pineapple slices with 1 Cup of 1% low fat milk

PM Snacks



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1. 1 serving of Toasted whole Grain waffles (1 Medium Size) & $\frac{3}{4}$ Cup of Applesauce & 1 Cup of Water
1. 1 serving of Ritz crackers (7 crackers) with $\frac{1}{4}$ cup raisins & 1 cheese stick (2 oz) 1 Cup of Water
3. 1 serving of Banana Muffins (1 small Size) With 1 Cup of 1% low fat milk
4. $\frac{1}{4}$ cup of choice of Strawberry, Banana or Blueberries with 4 oz Cup of low fat yogurt and honey graham crackers (4 Squares) with 1 cup of water
5. 1 service of Rice cake (3 Rice Cake regular size) $\frac{3}{4}$ Cup of apple slices and 1 Cup of Water

Week 4 Menu

Breakfast

1. 1 cup of Cheerios Multigrain Whole Grain Cereal with $\frac{1}{2}$ cup strawberry with 1 Cup 1% low fat milk
2. 1 serving of Toasted Blueberry Muffin (Small Size) 1 serving String Cheese (2oz) & 1 Cup of 1% Lowfat Milk & $\frac{1}{2}$ Cup of banana slices
3. 1 serving of Scrambled eggs (2 small eggs), 1 serving of turkey sausage (1 piece) with 1 slice whole wheat toast & Butter with 1 cup of 1% low fat milk & $\frac{1}{2}$ cup of fresh mixed berries
4. 1 serving of Whole grain bagel (Medium size) With 1tbs Jelly & low fat Cream cheese, 1 cup of 1% low fat milk & $\frac{1}{2}$ cup of blueberries.
5. 1 serving of whole grain toasted Waffles (1 Waffle) with $\frac{1}{2}$ cup of Applesauce with 1 Cup of 1% low fat Milk

Lunch /Dinner

1. 2 oz of lean Turkey turkey breast on enriched sliced bread with lettuce & tomato slices with $\frac{1}{2}$ Cup carrot sticks and $\frac{1}{4}$ Cup of peaches with 1 Cup of 1% low-fat milk.
2. 4 ounces Chicken Nugget patties, with $\frac{1}{2}$ cup of Steamed Corn & 1 slice of whole grain bread $\frac{1}{4}$ cup of Watermelon & 1 Cup of lowfat milk
3. Grilled Cheese Sandwich with 2 ounces of cheese with whole wheat slice bread with $\frac{1}{2}$ cup of steamed carrot with $\frac{1}{4}$ cups of grapes, 1 Cup 1% low fat milk
4. 1 serving of 100% (90% lean) beef/Turkey patty (1 Piece) on a enriched bun, $\frac{1}{4}$ cup of steamed corn, choice of lettuce and tomato slices $\frac{1}{4}$ cup of apple slices with 1 Cup of 1% low fat milk
5. $\frac{1}{2}$ cup of whole grain macaroni with 2 oz of cheese, $\frac{1}{2}$ cup of steamed Broccoli, $\frac{1}{4}$ cup of Pineapple, 1 Cup of 1% low fat milk

1. 4oz low fat Yogurt & 1 serving of Graham crackers (4 Squares) 1 Cup of water
2. ¾ cup of Carrot & Cucumber with 1oz/2 Tbsp Hummus dip & Water
3. 1 serving of Ritz Crackers (7 Crackers), ¾ cup of raisins & 1 Cup of water
4. 1 Serving of Goldfish(¾ oz) & ¾ cup of 100 % Apple juice
5. 1 serving of Wheat thins (10 Crackers) & ¾ cup of Banana slices & 1 cup of water

Week 5 Meal

Breakfast

1. 1 Cup Cheerios Multigrain Whole Grain Cereal with 1 Cup of 1% low fat milk & ½ cup serving of Banana slices
2. 1 serving of Blueberry Muffin (Small size), 1 String cheese (2oz), 1 cup 1% low fat milk , ½ cup of strawberry
3. 1 cup of Low fat yogurt with ¼ cup of granola ½ Cup of banana balc 1 Cup 1% low-fat milk
4. 1 serving of Hard boiled egg (1 small egg)with 1 serving Toasted English Muffin & ½ cup mixed berries with with 1 Cup of 1% low milk
5. 1 serving of whole grain toasted Waffles (1 waffle) with ½ cup of Applesauce with 1 Cup of 1% low fat Milk

Lunch /Dinner

1. 2 oz of lean Turkey turkey breast on enriched sliced bread with lettuce & tomato slices with ½ cup carrot sticks and ¼ cup of peaches with 1 Cup of 1%low-fat milk
2. 4 Ounces Chicken tenders with ½ cup steamed mixed vegetables & 1 slice of whole grain bread, ¼ cup of orange, 1 Cup of 1%low-fat milk
3. 2OZ of Grilled Ham & cheese (1 oz of cheese & 1oz of ham) on 1 serving Whole grain tortilla wrap, ½ cup of carrot ¼ cup of Grapes & 1 cup of 1%low fat milk
4. 1 serving of 100% (90% lean) beef/Turkey sloppy joes (2oz) on a Whole grain bun, ¼ cup of steamed corn, ¼ cup of apple slices with 1 Cup 1% low fat milk
5. ½ cup of whole grain pasta, 2 oz of grilled chicken breast, ½ cup of Broccoli, ¼ cup of mixed fruit cup & 1 Cup of 1% low fat Milk

PM Snack



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1. 1/4 cup of choice of Strawberry, Banana or Blueberries with 4oz serving of low fat yogurt and honey graham crackers (4 squares) with 1 Cup of Water
2. 1 serving of Ritz crackers (7 crackers) with 3/4 cup raisins & 1 cup of Water
3. 3/4 cup of salad mix with low fat salad dressing & 3/4 cup of craisins, hard bread stick (3 sticks 7 3/4 inches long 3/4 thick) 1 Cup of water
4. 1 serving Goldfish (3/4 oz) with 1/2 tbsp of cream Cheese & 3/4 cup of raisins & 1 cup of water
5. 1 service of Rice cake (3 regular size) 3/4 cup of apple slices and 1 cup of Water

