

SEVCA Head Start Newsletter

Monthly Newsletter for April 2022



From the Desk of the
Director...

Dear Parents & Staff,



the Spring season! Hopefully warmer days will be coming soon.

With Gov. Scott releasing the mandates for COVID 19, specifically around wearing masks, we are hopeful that the end is in sight for this pandemic! Thank you for being patient as the Office of Head Start figures out their stance on the mask mandate. This was a federal mandate which means that in order for it to be lifted, it will need to have the approval of Congress to do so. As we all know the federal government does not work very quickly, so this could take a while. In the meantime, we have lifted the mandate to wear masks outside, so now the children will no longer be required to wear masks when outside.

We are taking applications for the 2022-2023 program year, so if you know a child that will turn 3 by

WOW...the clocks have been turned ahead and we are officially in

September 1st, please send them our way and we will work with the family to see if they are eligible for our program.

We will be releasing the Parent and Staff Surveys very soon and they will also be able to be completed electronically, as well as the old fashion way of the paper format if anyone needs that version. We hope you take the opportunity to tell us how you feel the program went this year. We have combined the SEVCA and Head Start survey, to make it easier for YOU! We have added a few questions to the SEVCA Customer Satisfaction Survey, so now we will only be asking you to complete one survey instead of two!

This year has had many ups and down and has gone by so quickly! We are all looking forward to when we can open our doors again to invite parents and visitors back in. Hopefully that will happen soon! Take care and enjoy the Spring season!

Sincerely,

Lori Canfield
Head Start Director



In-Kind: The Management Office are the winners for the most In-Kind collected for February!
Woo, Hoo!
PSP's Daisy Room came in second.

Classroom Updates...

Chester Community Preschool

CCP1

Ms. Jodie, Ms. Karie and Ms. Briana

We have traveled to Africa for the month of March! We have been talking about the animals that live in Africa and what their climate and landscape is like. We turned our dramatic play area into a Preschool Safari Tour with a jeep, animals, binoculars and many other manipulatives!

We talked about how giraffes have long necks and how it is hard for them to drink water because their upper body is so long. In order to drink water, they have to spread their legs out really wide. We then watched a video of a giraffe drinking water and the kids thought this was so awesome! We played a fun fingerprint giraffe math game with dice and finger paints.

We read the book *Actual Size* and then showed the kids how big a gorilla's handprints are. We then had a cutout of a gorilla's hand and had the kids paint their hands white and put it inside the gorillas to compare the size of them! We made lion masks and enjoyed lion pancakes. We turned our big letter R into rain and then we made rain sticks.

We turned our big letter Z into a zebra and then made marble painted zebra's. We made a class book titled *I Went on*

Important Dates to Remember:

April 8, 2022 ~ Early Release, Ed Meeting

April 11-15, 2022 ~ April break: Windsor and WRJ Centers CLOSED

April 18-22, 2022 ~ April break: CCP and PSP Centers CLOSED

April 20, 2022 ~ Policy Council/Family Partner Meeting; 9:30 AM

April 29, 2022 ~ In-Service Training Day; Centers CLOSED

The following children had **100%** attendance in February:

Chester Community Preschool:

CCP1: Andrew B., Guadalupe C., Jace C., Xavier M., Kelan S. and Nora A.

CCP2: Harper V.

Pine Street Preschool:

Daisy Room: None this month.

Willow Room: Storm L. and Remi R.

Northwood's Preschool: None this month.

The Children's Place: Declan C. and Liam C.



A Safari and What Did I See? We made our own Maasai necklaces out of paper plates and then talked about how they are a traditional east African necklace that is worn by the Maasai people of Kenya and Tanzania.

We talked about the four main landforms of Africa (mountains, hills, plateaus and plains) and then we made our own topography maps of Africa showing the distinct landforms. We compared plantains and bananas and did a taste test of both of them. Miss Fran told us stories of her time in Botswana and then shared some of her photographs of the animals that she saw while living there. We have had so much learning about all of the different animals that live in Africa!



The kids voted to learn about the ocean for the month of April.

Chester Community Preschool's Family Partner

Goodbye March, Hello April! A big thank you to our families who were able to attend our coffee clutch. I hope you enjoyed it as much as I did!

I will be reaching out to schedule our 2nd Virtual Home Visit. Watch your e-

mail, seesaw, and Facebook for a sign-up link.

Good news! We officially have a Head Start webpage. Please take a moment to check it out and send me an e-mail with any feedback you may have. You can find our site at www.sevcaheadstart.org, remember, it's a work in progress and we appreciate feedback!

As always I want to thank you all for your continued flexibility throughout this program year. It has not always been easy but we've proven to be a good team with you being the most important members.

Watch for announcements on Seesaw, via e-mail, and on our CCP Family Partner Facebook page regarding Family Engagement activities and other events in our community.

Phone: (802) 460-0297

E-Mail: kmurphy@sevca.org

Facebook: CCP Family-Partner (send me a friend request)

Don't forget to like us on Facebook: SEVCA Head Start

Pine Street Preschool

Daisy Room

Ms. Lauren, Ms. Denise and Ms. Sadie

Hello Friends! In the month of March we talked about authors! We read books from Dr. Seuss, Eric Carle, and Mo Willems. Some of the class's favorite

books were *The Cat in the Hat*, *Brown Bear, Brown Bear, What Do You See?* and *The Very Hungry Caterpillar*. We spent a lot of time learning about the different parts of a book, what authors and illustrators do, and we practiced literacy skills like rhyming.

Next month we will be learning about Spring! We will be learning about plants and insects, the lifecycle of butterflies and flowers, and about the importance of bees.

Willow Room

Ms. Ruby, Ms. Nicholle and Ms. Felicia

Hello from the Willow Room!

We have had a fun month filled with silly rhymes and sillier Dr. Seuss creatures. Our kids really enjoyed listening to Dr. Seuss's funny stories and rhymes.



They've also learned how amazing Dr. Seuss was, as an author and illustrator. They have been working hard on learning what the parts of a book are called and they have been practicing their rhyming words.

The kids really loved the story "The Cat In The Hat". They made Thing 1 and Thing 2 handprints.



Some of our class activities have included making oobleck, rhyming words, creating rhyming hats, draw and color red fish/blue fish, I spy Dr. Seuss, and graphing how many friends in our class enjoy green eggs and ham. Kids also learned about safe and unsafe choices. Our students also learned about ways on staying healthy such as exercising regularly, taking a shower, brushing teeth, proper handwashing and sleeping early at night.

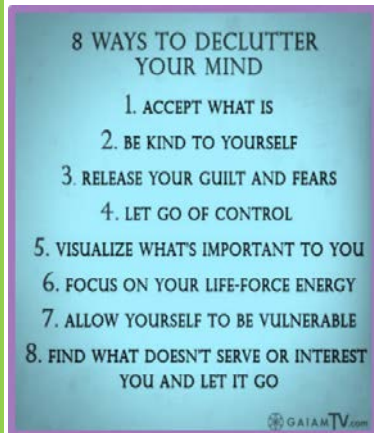
We have enjoyed the warmer weather, but are still having fun in the snow - by looking for animal tracks and by "painting" the snow with spray bottles filled with colored water. Our class filled our marble jar this month as well, and decided to have a Pajama day to celebrate that achievement.

Our new topic in April will be about Spring. It's great to celebrate the change from winter to spring! We will learn about how things grow, both plants and animals, and talk about some of the cool bugs that also show up in spring.

Pine Street Preschool's Family Partner

welcome
April♥

Happy April! As we welcome spring into our lives this is a chance to reset ourselves from the long winter and darker days. I have included a few spring-cleaning ideas for your home and your mind.



I will be hosting a Virtual Family Workshop about gardening this month. There will be a sign-up form coming home for what seeds you would like sent home in your gardening kits. I know that some families are not able to have an in-ground garden so we are going to include options for container gardens. I have started my Virtual Home Visits last month and will continue to meet with families. Thank you to the families that have been able to meet with me so far!

Please contact me if you have any questions, comments, or concerns.

Thank you,
Lindsay DeCell
Family Partner

Northwood's Preschool

Ms. Darci and Ms. Beth

At Northwoods during the Month of March we celebrated Dr. Seuss's Birthday. We read lots of his books, did lots of fun activities and learned all about rhyming words. We ate green eggs and ham, green egg salad sandwiches and green hard-boiled eggs. We had Dr. Seuss Days all month, such

as Silly Sock Day (*Fox in Socks*), Dress Wacky Day (*Wacky Wednesday*), Pajama Day (*Sleep Book*), Polka Dot Day (*Put me in the Zoo*), and many more. The children had lots of fun as you can see in some of the pictures.



During the month of April, we will be learning all about Spring on the Farm. We will be doing some planting and learning lots about different animals on the farm. We may even find a farm that will do a Zoom with us, you just never know what the teachers might come up with!!!

Northwood's/Children's Place
Family Partner

Jen Tucker

Hello Families. This year is winding down and before we know it we will be winding down another school year. It has been a long winter. Snow storms right up until the bitter end. Winter just didn't want to let go this year. I think spring has finally arrived, the sun and longer days feel so nice. Please try to get out and enjoy that sun, it is such a mood lifter. We need that Vitamin D that the sun provides.

I want to take a moment to thank you for all the families that joined the virtual paint and sip parent meeting. It was such fun. I hope you all had a fun night. Thank you to those who did not think you could do it. I am not artist myself, but I was impressed with it. I had such a good time. The pictures came out amazing. Our next month's parent meeting will be a gardening workshop.

Green Mountain Power is still helping, here is the link: <https://dcf.vermont.gov/benefits/eap/gmp>

Here is the link for Broadband assistance if you qualify: <https://www.fcc.gov/broadbandbenefit>

If you need anything, do not hesitate to reach out to me.

Here is an activity that you can do with your children:



Children's Place Preschool

Ms. Susan and Ms. Meagan

Dogs, cats, fish, guinea pigs and parakeets and more filled our month with our pet theme. Not only did we learn all about these pets, we made some fantastic art.

Who doesn't love cats? They are the most popular pets in the world. We all shared our own cat pictures and collected them on our "pet wall". We made cats out of plates and then made a whisker pattern! The whisker pattern led us right into guinea pigs.



Not only do these little cuties make adorable squeaks, they were a fun craft to make. After reading the book "John Willy and Freddy McGee", a book about two mischievous guinea pigs, we decided to map where our guinea pig might go. We do a lot of mapping in our classroom and this map project is our favorite so far.

We moved onto fish bowls created by using paper plates, clear plastic and fish. This was a two-day project. The first step was using water color and rock salt, to create the beautiful blue background. We also graphed our own

pile of rainbow goldfish. This was not only fun it was delicious. Graphing is a wonderful way to recognize more, less and equal, as well as number recognition. As we went into learning about dogs, we made dog bones out of pizza dough. This was complete with homemade alphabet soup. The alphabet soup was a celebration in honor of our completion of our alphabet wall. I do this every year and it is fun to hear the kids find letters, that they know, in the soup. We also made some adorable dog puppets, made from fabric which the kids decorated with buttons and floppy ears. This was another great project. We made spectacular dog collars, made with jewels, to create a sparkly pattern. "Harry the Dirty Dog", is always a favorite. The kids used charcoal to get Harry all dirty. Charcoal is always fun to work with. We ended learning about dogs, and created another class book. This book was inspired by the book "Bark George". We had some creative writers!!

Some of our students have hermit crabs! We made hermit crabs inspired by Eric Carle's "A House for Hermit Crab". The kids had some hilarious objects stuck on their hermit crab shells.

We also learned about rats! Not everyone's favorite but many people do have them as pets. They are actually very smart. We have fun using a different painting tool, a rat tail! This was made out of fabric and dipped in paint and then slapped on paper. This was a hit!!!

Because March is such a long month, we spent the last week on an author study. Mo Willems is our favorite author at this time. We made so many wonderful projects which included Don't Let the Pigeon Drive the Bus, Leonardo the Terrible Monster and The Pigeon Needs a Bath.

We had a fantastic science day which included a table filled with all kinds of materials such as vinegar, baking soda, colored water with droppers, coffee filters, paper, tweezers, brushes, salt, Alka-Seltzer and we let the kids dive in. It is an amazing moment to watch children investigate in their own way. We also had a day of building bridges!! Again, several materials were on the table and the object was to get the bear to sit on a bridge, made with the material of their choice. The creativity was incredible!! We have so many engineers in our classroom.

What a fantastic month we have all had!! We are going to learn about spiders and snakes. Not everyone's favorite but they are interesting creatures.

Thank you all for attending your child's conference. We love sharing all the milestones in your child's life.

*From the desk of the
Practice-based Coach/Child Development Services Specialist*

Fran Lynggaard Hansen

Spring Brings Growth in Many Ways

Can you remember way back to when your child arrived at Head Start?

There were so many transitions for children and their special grown-ups. Sometimes adjustments for children are pretty easy, sometimes they are not, but when you look at your child now, by my own observation I can tell you that your child is happy to be in school and know exactly what to do when they are here. They've learned so much!

But what about next year? Is there anything that parents can do now to work toward successful transitions next year? Yes! Like those pretty spring flowers now poking up from the ground, there is renewal in children's growth each year.

The child who couldn't put on their own shoes in the fall, might be very successful now. The child who didn't want to put a mask over their face at first, are coping very nicely with it today. Kids change during a year. However, sometimes as parents we have a hard time letting go and growing with them. The goal is as much independence and responsibility as they are ready to accept.

Spring is a great time of year to re-evaluate what kinds of growth you wish to see in your child as the last season of school takes place and summer arrives.

Is your child dressing themselves? Have you helped them make a habit of how to get ready for school each day? Are they responsible for their own backpack? Are they picking up their toys with a little help from you?

These are things that children are doing at school by themselves. Sometimes as parents we get in the habit of doing too much for them when really, they are quite capable.

As we move towards the end of school, think ahead. What are the skills your kindergartener will need next year in a different school? What skills do they need to practice these next few months to be ready for more independence and a longer school day in Kindergarten?

If your child is returning to Head Start, what are the skills that you'll want to keep them practicing for these months before their next year here? Where is there room for a tiny bit more responsibility?

It's time to upgrade your software in thinking about your child. They really are growing up and capable of so much more than we usually imagine!

Need help? Want to discuss this or any other parenting topic? Our Head Start team is here to help you.



News from the Education/Disabilities Services Manager

Jodi C. Farashahi

Happy Spring! The days are getting longer and warmer, and teachers are

hoping to plan more outdoor activities with children to take advantage of the fresh air! Teachers continue to collect observations for spring assessment. They will also be sharing letters with the Kindergarten classrooms and learning about what to expect in Kindergarten. Bring on that sunshine!



News from the Health and Nutrition Manager

Heather Frye

COMPOSTING WITH CHILDREN

Want to make some small changes to help the environment but not sure where to start? Composting is a great way to reduce your family's carbon footprint and teach your kids some important life lessons.

Why Compost?

Here are a few great reasons to get into composting with your kids:

- **It's great for our planet:** Our food waste can't decompose properly in landfills where oxygen can't circulate. As it breaks down, it creates a harmful greenhouse gas called methane that contributes to climate change and pollutes our groundwater. Research shows that composting at home for one year can save global-warming gases equivalent to the CO₂ a

washing machine produces in three months!

- **It produces free fertilizer:** Once you've bought your compost bin, composting is free and provides you with nutrient-rich, chemical-free fertilizer for your plants.
- **It's educational:** It teaches kids how to reduce waste and care for our planet, it introduces them to science as they learn about decomposition, and it teaches them to be patient as they wait for the slow process to unfold.



An Easy Composting Activity For Kids

If you want to gauge your children's interest in composting before setting up a full-size bin, get them to make their own micro composters.

What you'll need:

- 1 wide-mouth glass jar with lid per child
- Food scraps (fruit and vegetable peels, meat-free leftovers, teabags, coffee grounds)
- Dry leaves
- Soil

- Spray bottle filled with rainwater

Have your kids throw a handful of soil into their jars, followed by a handful of food scraps and dry leaves. Alternate layers until the jars are full, finishing with a layer of soil. Spray the mixture with water until it's damp, but not too wet. Place the lids on the jars and poke holes in them to let air in.

Write each child's name on their jar and place them on a sunny windowsill. When the top soil dries out, spray it with water. Take photos once a week or make marks on the jars to indicate the new "top." In about eight to twelve weeks, you should have beautiful, nutrient-rich soil.

Fruit Salad



Ingredients:

Any fresh fruit you would like to add (pineapple, oranges, apples, grape halves, bananas, kiwi, peaches, pears, etc)

Yogurt

Directions:

1. Cut up the fruit into bite size pieces. Remember that children easily choke, so pieces should be

manageable for your child. You can even give your child a butter knife and have them cut some of the fruit up, while you observe to ensure that they don't get hurt.

2. Place a serving into a small bowl, top with yogurt and ENJOY!

Birthday News for April



Chester Community Preschool

CCP1- None this month.

CCP2- None this month.

Pine Street Preschool

Daisy- None this month.

Willow- Gideon L. 4/20 and Remi R. 4/11

Northwood's Preschool

Maddison M. 4/26

The Children's Place

Briella H. 4/16

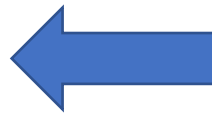
Staff

Practice-based Coach/Child Development Support Specialist -
Fran Lynggaard Hansen - 4/8

Daisy Teacher-Lauren W. 4/5



IT'S BACK!! SEVCA Head Start will have a booth at this event! Stop by to visit us, play in some bubbles, make a bubble wand, and enter (for free) to win in our raffle!!



CIRCLE OF SECURITY Parenting Series

At times *all* parents or care givers feel lost or without a clue about what our child might need from us, or how to respond to their behavior.

*Parenting is a lifetime journey.
Circle of security benefits families with children of any age.*

This parenting series is designed to enhance understanding of your child's emotional needs, learn how to read those needs, support your child's ability to manage emotions, and strengthen parent-child relationship.

The Springfield Area Parent Child Center (SAPCC) is offering a FREE 4 week Modified parenting series. This workshop will be offered online, via ZOOM, on Wednesdays, beginning April 6-April 27, from 10:00 a.m. -12:00 pm.

To sign up or ask questions, please contact Stacey Sanderson: staceys@sapcc-vt.org
Kayla Bapp: kayla.bapp@sapcc-vt.org

802-886-5242

Certificates presented for those who complete the program.

Monday

Tuesday

Wednesday

Thursday

Friday



This institution is an equal opportunity provider.

1

TEACHER'S CHOICE

4
Breakfast
Yogurt Parfaits (cereal, fruit, yogurt)
1% unflavored milk
Lunch
"Say Cheese" Grilled Ham & Cheese on Whole Wheat
Veggie Tomato & Pumpkin Soup
Apricots
1% unflavored milk
Snack
Bananas in a Sleeping Bag (banana/whole wheat tortilla)

5
Breakfast
Whole Wheat Bagel
Honey Dew
1% unflavored milk
Lunch
Ground Turkey Chili
Cauliflower
Whole Wheat Roll
Grapes
1% unflavored milk
Snack
Strawberries
1% unflavored milk

6

COOK'S CHOICE

7
Breakfast
Cold Cereal
Peaches
1% unflavored milk
Lunch
Chicken & Whole Grain Rice Soup (carrots, onion, celery)
Carrot Sticks
All Mixed Up Fruit Medley
1% unflavored milk
Snack
Yogurt Dip with Cucumber Sticks
1% unflavored milk

8
Breakfast
Humpty Dumpty Eggs (Scrambled eggs with veggies)
Bananas
1% unflavored milk
Lunch
Meatball Subs/Whole Wheat Roll
Shredded Cheese
Garden Party (Tossed Salad)
Pears
1% unflavored milk
EARLY RELEASE

11
Breakfast
Cold Cereal
Cottage Cheese
Peaches
1% unflavored milk
Lunch
Ham & Cheese on Whole Wheat Bread
Romaine Lettuce/Tomato
Wonderful Watermelon
1% unflavored milk
Snack
Middle of the Road Rascals (celery, whole wheat animal crackers, peanut butter)
1% unflavored milk
WINDSOR/WRJ VACATION

12
Breakfast
Banana Split Yogurt Parfait (cereal, fruit, yogurt)
1% unflavored milk
Lunch
Greek Chicken Whole Wheat Pita
Greek Chopped Salad
Honey Dew
1% unflavored milk
Snack
Apple "cookies" (apple slices topped with peanut butter & diced strawberries)
1% unflavored milk
WINDSOR/WRJ VACATION

13
Breakfast
Whole Wheat English Muffin
Mandarin Oranges
1% unflavored milk
Lunch
Sloppy Lentil Joes on Whole Wheat Roll
Mexican Corn Salad
Pineapples
1% unflavored milk
Snack
Make your own veggie carrot (crescent roll, cream cheese, shredded carrot, broccoli)
1% unflavored milk
WINDSOR/WRJ VACATION

14
Breakfast
Whole Wheat Pumpkin Muffin
Applesauce
1% unflavored milk
Lunch
Pasta Toss with Chopped Veggies & whole wheat pasta
Cheddar Cheese
Turkey Rolls
Fruit Salad
1% unflavored milk
Snack
Funny Face Rice Cakes (fresh fruit, or veggies on a rice cake)
1% unflavored milk
WINDSOR/WRJ VACATION

15
Breakfast
Whole Wheat Bagel with Cream Cheese
Cantaloupe
1% unflavored milk
Lunch
Homemade Chicken Nuggets
Whole Wheat Roll
Garden Party (tossed salad)
Pears
1% unflavored milk
Snack
Whole Wheat Cinnamon Nachos
Fruit Salsa
1% unflavored milk
WINDSOR/WRJ VACATION

18
Breakfast
Cold Cereal
Apricots
1% unflavored milk
Lunch
Tuna on Whole Wheat
Spinach/Tomato
Mandarin Oranges
1% unflavored milk
Snack
Carrot Sticks
1% unflavored milk
CCP/PSP VACATION

19
Breakfast
Apple Pie Oatmeal
Mighty Mangos
1% unflavored milk
Lunch
Cheese and Burger Pizza
Toasts on Whole Wheat Bread
Go for It Green Beans
Peaches
1% unflavored milk
Snack
Rice Cakes (topped with Greek yogurt dip & banana)
CCP/PSP VACATION

20
Breakfast
Whole Wheat Bagel with peanut butter
Strawberries
1% unflavored milk
Lunch
Whole Wheat Spaghetti and Meatballs
Broccoli
Perfect Pineapple
1% unflavored milk
Snack
Cottage Cheese
Celery Sticks
CCP/PSP VACATION

21
Breakfast
Crunchy French Toast (whole wheat bread)
Applesauce
1% unflavored milk
Lunch
Cheesy Kale Bake
Turkey Rolls
Mixed Vegetables
Whole Wheat Roll
Watermelon
1% unflavored milk
Snack
Cantaloupe/1% unflavored milk
CCP/PSP VACATION

22
Breakfast
Whole Wheat English Muffins with Peanut Butter
Mixed Fruit Salad
1% unflavored milk
Lunch
Chicken Broccoli Casserole
Whole Wheat Bread & Butter
Cauliflower
Pears
1% unflavored milk
Snack
Fruit Coconut Milk Frozen Treat (with fruit cheerio "sprinkles")
1% unflavored milk
CCP/PSP VACATION

25
Breakfast
Cold Cereal
Low Fat Yogurt
Mandarin Oranges
1% unflavored milk
Lunch
Ham It Up Whole Wheat Pita
Lettuce/Tomato
Apricots
1% unflavored milk
Snack
Cottage Cheese
Peaches

26
Breakfast
Whole Wheat Toast
Burst of Blueberries
1% unflavored milk
Lunch
Tacos (ground turkey, lettuce, tomato, shredded cheese on whole wheat tortilla)
Pineapple
1% unflavored milk
Snack
Crazy Carrot Sticks
Wheat Thins


27

KID'S CHOICE

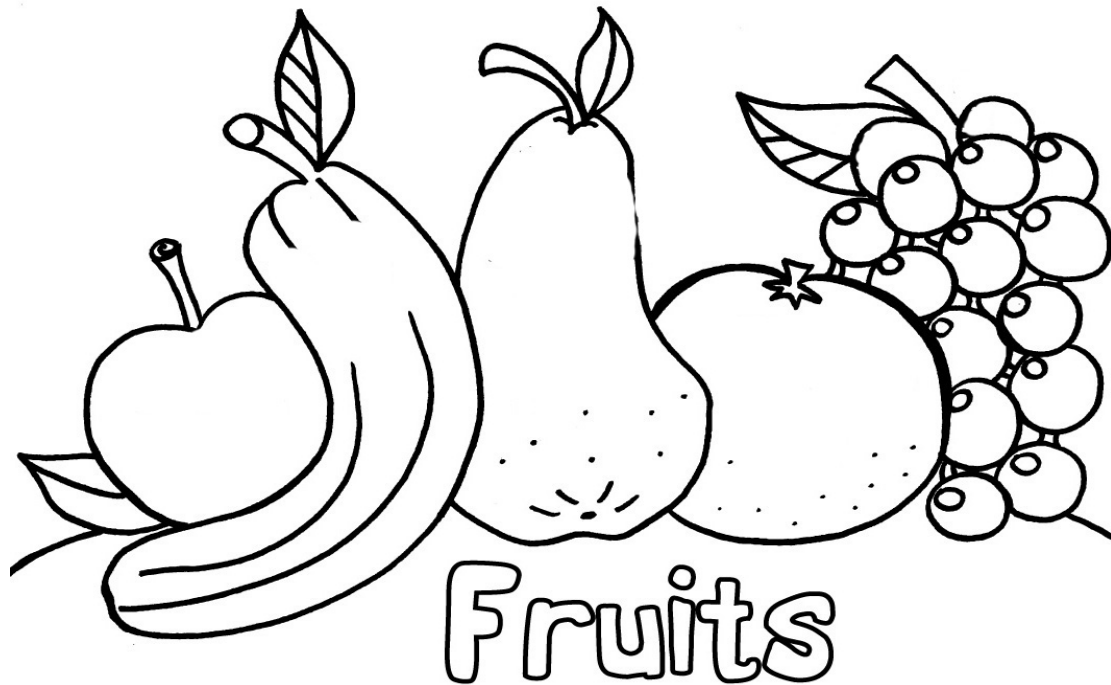
28
Breakfast
Breakfast Whole Wheat Wrap, with Peanut Butter, Bananas and Blueberries
1% unflavored milk
Lunch
Turkey Burgers on a Whole Wheat Roll
Strawberry Spinach Salad
Mangos
1% unflavored milk
Snack
Ants on a Log (celery, Peanut Butter, Goldfish)
1% unflavored milk

29

CLOSED

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>This institution is an equal opportunity provider.</p>			<p>1 Teacher's Choice</p>
<p>4 Breakfast Cold Cereal Apple Slices 1% unflavored milk Lunch Turkey and Cheese Wraps (whole wheat) Spinach/Tomato Wonderful Watermelon 1% unflavored milk Snack Triscuits Cheese 1% unflavored milk</p>	<p>5 Breakfast Whole Wheat Bagel with Peanut Butter Apricots 1% unflavored milk Lunch Chicken Salad Sandwich on Whole Wheat Bread Garden Salad Oranges 1% unflavored milk Snack Peanut Butter & Apple Wraps</p>	<p>6 Cook's Choice</p>	<p>7 Breakfast Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk Lunch Cheese Quesadilla Mixed Fruit Celery Sticks 1% unflavored milk Snack Cottage Cheese Blueberries</p>	<p>8 Breakfast Peanut Butter on Whole Wheat Mandarin Oranges 1% unflavored milk Lunch Tuna Salad Whole Wheat Bread & Butter Strawberry Spinach Salad 1% unflavored milk Early Release</p>
<p>11 APRIL VACATION</p>	<p>12 APRIL VACATION</p>	<p>13 APRIL VACATION</p>	<p>14 APRIL VACATION</p>	<p>15 APRIL VACATION</p>
<p>18 Breakfast Cold Cereal Peaches 1% unflavored milk Lunch Turkey & Cheese on Whole Wheat Spinach/Tomato Cantaloupe 1% unflavored milk Snack Bananas in a Sleeping Bag (banana wrapped in whole wheat tortilla)</p>	<p>19 Breakfast Yogurt Parfaits (cereal, blueberries, yogurt) 1% unflavored milk Lunch "Lunchables" (Chicken, whole wheat crackers, cheese) Veggie Plate Orange Smiles 1% unflavored milk Snack Strawberries 1% unflavored milk</p>	<p>20 Breakfast Whole Wheat Pita Wedge with Peanut Butter Mandarin Oranges 1% unflavored milk Lunch Grilled Ham and Cheese on whole wheat Cucumbers Strawberries 1% unflavored milk Snack Celery & Hummus 1% unflavored milk</p>	<p>21 Breakfast Egg Burritos with veggies All Mixed Up Fruit Medley 1% unflavored milk Lunch Pizza Toasts Tossed Salad Honey Dew 1% unflavored milk Snack Apple Yogurt Layered Cups (diced apple, yogurt & graham cracker topping) 1% unflavored milk</p>	<p>22 Breakfast Peanut Butter Banana Split Sandwich on Whole Wheat (peanut butter, bananas & strawberries) 1% unflavored milk Lunch Tomato Veggie Soup Peanut Butter and Jelly Sandwich on whole wheat Mighty Mango 1% unflavored milk Snack Fruit Medley Whole Wheat Crackers</p>
<p>25 Breakfast Cold Cereal Cottage Cheese Pears 1% unflavored milk Lunch Say "Cheese" & Ham Sandwich on Whole Wheat Leaf Lettuce Blueberries 1% unflavored milk Snack Peanut Butter & Banana on Whole Wheat Bread</p>	<p>26 Breakfast Whole Wheat Bagel with Cream Cheese Fruit Salad 1% unflavored milk Lunch Tuna Salad Whole Wheat Bread & Butter Cauliflower Clouds Peaches 1% unflavored milk Snack Middle of the Road Rascals (celery, whole wheat animal crackers, peanut butter) 1% unflavored milk</p>	<p>27 Kid's Choice</p>	<p>28 Breakfast Tortilla Roll Ups (peanut butter & fresh fruit in a whole wheat tortilla) Lunch Chicken Little Chicken Salad Whole Wheat Bread & Butter Broccoli Trees Mandarin Oranges 1% unflavored milk Snack Funny Face Rice Cakes (fresh fruit, or veggies on a rice cake) 1% unflavored milk</p>	<p>29 CLOSED</p>

This menu is subject to change



- Fruits contain vitamins and minerals that help your child grow and stay healthy.
- Fruits can be fresh, frozen, or canned.
- Choose canned fruits packed in water or 100% juice.

Smoothie Recipe

Ingredients

- 1 banana, small, ripe
- 1 cup Frozen fruit (you choose your favorite)
- 8 ounces yogurt (you choose your favorite)
- $\frac{3}{4}$ cup milk; 1% or skim

Directions

1. Peel banana. Using cutting boards and butter knife, cut banana into 1-inch chunks. Place the banana chunks in the blender.
2. Place the frozen fruit, yogurt, and milk in the blender with the banana.
3. Cover the blender and blend on high speed for about 1 minute or until the mixture is smooth.
4. Pour smoothie into cups, and enjoy!

WIC APPROVED ACTIVITY

Today your child learned about fruits and colored this picture for you to post on your refrigerator.

To get credit for this WIC Approved Activity, call your WIC Office at **289-0600/295-8820** and let us know the recipe on this page.