

SEVCA Head Start Newsletter

Monthly Newsletter for March 2022



From the Desk of the
Director...

Dear Parents & Staff,
Spring will hopefully be here soon! This month we will be conducting the Annual Self-Assessment. Every Head Start program must conduct a Self-Assessment each program year to evaluate the areas that are strong and the areas that need improvement. This year we will be doing our meeting via a zoom meeting, as it is still unsafe to meet face-to-face. We will be creating a report to be shared. Usually we invite staff, parents and governing board members to be a part of this process, but this year with COVID stressing everyone to the max, we decided as a management team to analyze the data and share a report with everyone. We felt this would be appreciated instead of adding one more thing for you to have to do. Next year we are hopeful we can go back to our in-person meeting to dig deep in the self-assessment data and see what it's telling us. We look forward to the information we will be able to learn about our program. If you have any questions or comments, please let me know.

We will also be sending out the Parent and Staff Survey's this month, so please take a moment to give us your feedback on the surveys.

We are currently recruiting for enrollment for the 2022-2023 program year! If you know of a child that will be three by September 1st and would like to have an awesome preschool experience, please contact one of Family Partners so you can schedule a time to do an application. We have a pretty even split of children transitioning to kindergarten and those returning for a second year of Head Start, so we do not have as many slots to fill! Please help us fill all of our enrollment slots for our program! Have a great month!

Lori Canfield
SEVCA Windsor County Head Start
Director



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

Chester Community Preschool:

CCP #1 Nora O. and Finley P.

CCP #2 Aquinna A., Jace C., Xavier M., Keoni M. and Kelan S.

Pine Street Preschool:

Daisy Room: Violette A., Raiden G. and Jaxon S.

Willow Room: Remi R.

The Children's Place:

Declan C., Liam C. and Leianny S.



In-kind: CCP2 staff are the center-wide winners for January! Windsor staff take top honors for room-wide winners.

Important Dates to Remember:

March 4, 2022 ~ P/T Conference #3 will be held. Centers are CLOSED.

March 11, 2022 ~ CPR/First Aid Training. CCP and WRJ are CLOSED. PSP and Windsor are OPEN.

March 16, 2022 ~ Policy Council/Family Partner Meeting; 9:30 AM

March 22, 2022 ~ Cook's Meeting

March 25, 2022 ~ In-Service Training. Centers are CLOSED.

Classroom Updates...

Chester Community Preschool

CCP1

Ms. Jodie, Ms. Karie and Ms. Briana

For the month of February we have been learning about Friendship & Kindness. We have had daily discussions about what it means to be kind and be a good friend. We learned about how giving compliments can make people feel good.



We made a handprint friendship tree with all of the teachers and children's handprints on the tree. We turned our dramatic play area into a Post Office. We turned our big letter Q into a quilt. We read the book *Love Monster* and then made our own Love Monsters out of paper.

We did marble painting with hearts but we did it with buddies. The kids had to work together to get the marbles to roll around the paper hearts. The kids had so much fun with this project.

We made graham cracker smiles with graham crackers, peanut butter, strawberries for the eyes and blueberries for the smiles. We added kisses to our big letter K! We made

yummy friendship fruit kabobs with watermelon, strawberries and grapes.

We did a fun science experiment with baking soda, vinegar and watercolors. The kids enjoyed watching the bubbly mixture! We put paper mittens on our big letter M. We played a musical hearts math game. We made birdfeeders and then we hung them on the trees near the science center. We tried guacamole & pita chips.

For the month of March we will be traveling to Africa!

CCP2

Ms. Randi and Ms. Kayley

For the Month of February, we have been focusing on friendship and kindness. We have had fun making friendship crayons, marble art and our class friendship wreath! Everyone has been working hard to make cards and pictures for those they care about. Our sensory table is filled with rice, jewels, hearts, rainbows, and scoops! The kids have been stretching and trying out some buddy yoga in our Preschool Yoga Studio, and have enjoyed fixing the "Broken Hearts" in our math center by matching up the numeral and dots! We hope everyone has had a great month and we can't wait to start our Fairytale and Nursery Rhyme theme in March!

CHESTER COMMUNITY PRESCHOOL'S
FAMILY PARTNER

March is here and in a few short weeks it will be spring! I am looking forward to the warmer weather; warmer weather means the snow will be melting and mud

will be forming. Please remember to continue sending your child with boots as we will be getting outside as much as we can!

Spring Scavenger Hunt

 RAIN	 BEE	 SPROUT	 WORM
 NEST	 PUDDLE	 BUTTERFLY	 BUNNY
 RAINBOW	 CHICK	 FLOWERS	 CATERPILLAR
 SEEDS	 MUD	 GREEN LEAVES	 UMBRELLA
 RAIN BOOTS	 LADYBUG	 KITE	 BASEBALL

I would like to thank all families for their response to our first Family Workshop of the year, Your Journey Together. We had a pretty good response and look forward to continue this month in the evenings. If you are interested in the workshop please reach out to your family partner.

We hosted a successful Parent Meeting regarding SEVCA Family Services and 3 Squares Vermont. Keep an eye on Facebook and your child's backpack for updates on this month's Parent Meeting. We are enrolling now for our 22/23 Program Year. If you or anyone you

know is looking for preschool please share our contact information.

As always, we thank you for your continued support and understanding.

Katie Murphy
Family Partner
802.460.0297
kmurphy@sevca.org

Pine Street Preschool

Daisy Room

Ms. Lauren, Ms. Denise and Ms. Sadie

Hello Friends! In the month of February we focused on our social-emotional skills. We talked about different types of feelings and we have been using Tucker Turtle to help us calm down. We read many books about kindness and learned what acts of kindness we could do to help our friends. We also talked about what it means to be a super friend. We had many group projects this month including making a fruit salad together!



Next month we will be learning about different authors!

Willow Room

Ms. Ruby, Ms. Nicholle and Ms. Felicia

Hello from the Willow Room! February has been a fun month and we've learned lots about ocean life! The kids really enjoyed learning about different ocean animals. We learned about pufferfish and the kids were amazed how it turns into a perfect ball when it's in danger. They painted their own pufferfish using forks.



Some of our activities have included making octopus, compared land and sea animals, counting and sorting ocean animals, I spy and count, ocean animal name tracing, shark number match and sea shell counting.

Kids also had a blast when we learned about wacky fish. Fish under the sea could look so funny and peculiar. Kids used their imagination creating their own wacky fish.

We also celebrated Friendship day. Such a wonderful day to show children how to respect each other, be kind with each other and how to play together in harmony.

In the month of March, we will be learning about Dr. Seuss! We believe our class will surely enjoy reading many

of Dr. Seuss's books and have a blast learning how to rhyme words.

Spring is in the air! Have a beautiful day!

PINE STREET PRESCHOOL'S FAMILY PARTNER

I hope everyone enjoyed their February Break! As we are entering into March we are getting closer to Spring.



I will be hosting a Virtual Family Workshop about gardening in March or April. There will be more information and a survey about that coming out this month. Family Partners are also having a 2nd Your Journey Together Family Workshop this month.

I will be starting our 2nd Virtual Home Visits towards the middle of March. I will be sending out a google form to set up a time for that meeting. I look forward to meeting with everyone this month.

In April we will be participating in the Week of the Young Child event on April 9th at Riverside Middle School in Springfield. I have sent home a flyer for this event and will also send out reminders closer to it. This is a great opportunity to get into the community and celebrate our young children! Please contact me if you have any questions, comments, or concerns.

Thank you,
Lindsay DeCell
Family Partner

Northwood's Preschool

Ms. Darcí and Ms. Beth

At Northwoods during the month of February we learned all about baking. We used our 5 senses to explore different types of baked goods. We even baked bread and biscuits in the classroom. We had lots of fun exploring the world of baking.

We had Ms. Fran working with us and she brought in a Hyacinth that we watched grow from just a bulb. Now it has a beautiful flower and it is making the classroom smell so good! It makes us think Spring!!!



During the month of March we will be celebrating Dr. Seuss. We will be rhyming machines by the time we are done with all the fun books written by Dr. Seuss and friends.

Northwood's/Children's Place Family Partner

Jen Tucker

Hello Families. Never did I think we would still be masked and testing for COVID. But here we are. I thank the families and children for being so understanding with short notice school closures and early dismissals. We have all had to become very flexible and understanding. These are strange times but we all need to remember that everyone is fighting a different battle

within and being kind is one of the best things that we can do for each other.

I will also be reaching out to all the families to schedule our second virtual home visit to see how things are going with your family plan. If there are additional resources you need please send me an email or reach out to me on messenger. jtucker@sevca.org

Thank you for all the families that participated in Your Journey Together Family workshop. We will be offering an evening workshop in March. Our next month's parent meeting will be hopefully a Virtual Paint and Sip. We did one last year and the paintings came out so good. We are still in the heating season and if you need fuel, please reach out to me and I will get you connected into the proper channel for assistance. If you need anything, do not hesitate to reach out to me.

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

Invite someone new to play with you 	Let someone go in front of you in line	Say something kind to a class mate 	Thank a grown up for helping you
Write a kind note for someone in your family	Tidy up without being asked 	Say hello to someone new	Hold a door open for someone 
Smile at someone 	Pick up some litter in the playground	Push a friend's chair in for them	Sharpen someone's pencil 
Write down 3 things you love about yourself	Tell a friend a funny joke 	Ask someone if they need help	Say sorry if you've done something wrong

Children's Place Preschool

Ms. Susan and Ms. Meagan

Hello Families. It was a wonderful to leave the rainforest and then jump right into our trees of Vermont.

We started by learning about the anatomy of a tree. From the foliage to the roots, we learned them all. We learned that the bark of a tree protects the tree from diseases. Our skin does the same thing. We learned that the roots not only keep the tree in the ground, they bring nutrients to the leaves of the tree.

Our other crafts led us into actual trees from Vermont. The first was the white birch. We used strips of white paper and then put on the beautiful lines and makings with black, dipped tooth picks. It was a delicate process.

We moved onto our sugar maple and oak tree. We already knew the great oak, near our library, and it was nice to hear the kids remember that beautiful tree.

The sugar maple is a tree that all the kids know from our walks in the fall. What they didn't know, is that this is where sap comes from for maple syrup. We tapped a tree and watched the real action come for the sugar maple. The sap dripped quickly on a warm day and we had the chance to taste it. Since we have talked a lot about evaporation, the kids knew that when we boiled out the water, the sugar remains...maple syrup!!! We made our own maple syrup and had a wonderful breakfast with our own syrup!

We also spent a few days on conifer trees. We have so many of these big

beauties around our school and we watch the squirrels make nests in them. We made a beautiful craft using brown rice as cones and a sequence of triangles to make the tree. We completed this craft with snowflakes to match the snow outside.

We learned how you tell the age of a tree by counting the rings on the inside. We examined those rings on our iron wood blocks (from Vermont). We used magnifying glasses to count those very small rings. We took this and did our own tree rings by introducing a new tool, a compass. Each student had the opportunity to make as many rings as they wanted. We talked about how those rings could tell an arborist (tree person) how the tree grew. Some lines are wider, telling us that the season of this tree had plenty of water and sun.



We also learned about the veins in a leaf. They provide structure to the leaf and moves food energy around the plant. We compared a vein in a leaf to our own veins in our bodies.

We spent a day measuring trees around our area. We used flexible tape

measures and then compared the numbers to see which was the biggest tree and which was the smallest.

We painted with pine needles, balsam branches and rolled pinecones. We tasted nuts from different trees around the United States and then picked our favorite. The walnut won. We did the season of a tree in various stages using different art tools.

This month was also filled with lots of different math experiences where we used various measuring tools. This was a huge hit with the children. We also read the book "Not a Box" and this sparked the children's own idea of making their own book out of a rectangle piece of cardboard. The ideas were unique to each of them.

I did a switch on our theme for next month. We will do a pet unit before spiders and snakes. March is a long month and a pet unit has a lot to offer.

*News from the
Practiced-based Coach/Child Development Services Specialist
Fran Lynggaard Hansen*

I Can Do It Myself!

I remember it so well with my own children. You've spent a long day at work, you've got groceries in your hands, two children running around your legs and you can barely get in the door. Shoes are supposed to come off and you really want your preschooler to do it themselves, but it's so much faster to do it yourself. Does this sound familiar?

It's so hard to stand back and allow your child to be independent, to wait and let them do things themselves. The longer-term investment is that by allowing your child their own frustrations as they try, you are actually building their self-esteem and their independence from you, one step at a time.

You would be amazed at what children do at school all by themselves! When your child arrives at the door, they know to put their coat away in their cubby, to change into their indoor shoes and put their boots in the correct place. They go to the bathroom and wash their hands, and then come back to their cubbies to put on a clean mask. They serve food to themselves, pass dishes around the table, clean up their own messes, clear their own dishes, pick up their toys. That's a lot of independence with minimal help!

Did the year start out that way - no, it did not! Your child's teachers were very consistent in helping your child remember the order of their morning routine until they could do it on their own.

Today I saw a child look at the poster in the classroom that showed him what to put on first before going outside. He talked me through it. "First I take off my shoes," he said, "then I put on my snow pants." As he followed along, he gave me a running commentary, only stopping now and again to ask for help

with a strap or a zipper. His pride in his abilities to be independent were so very clear.

What things can you think of that your child could do on their own at home to foster their independence? Could your preschooler get their back pack ready the night before, with your help at first, and then mostly by themselves? Could they carry their plate back to the kitchen when they've finished eating? Could they lay their clothing out the night before to make the morning easier?

I know. It feels like more work, and parenting is a tough job already. Encourage your child with phrases like, "Look at you! All by yourself!" "You're getting better every day! Soon you'll be doing it by yourself!" "I'm so proud of you!" With a little praise, your preschooler will rise to the occasion.

We're all here to support you and your family. Have questions? Wishing to connect to talk through an issue? Your child's teachers know your child well, and your Family Partner does too! Reach out. We want to help.

News from the Education/Disabilities Services Manager

Jodi C. Farashahi

The classrooms have been enjoying some beautiful winter days outside! As a reminder, please make sure that your child has an extra set of clothes, and their winter gear (snowpants, coat, hat,

mittens, snow boots) when they attend school!

Here are the child outcomes for the Winter Assessment:

Program Areas of Strength: Physical Gross Motor Development (large muscles) and Physical Fine Motor Development (small muscles in hands)

Program Areas of Focus: Literacy Development and Mathematics

Children Transitioning to Kindergarten Areas of Strength: Physical Gross Motor Development (large muscles) and Physical Fine Motor Development (small muscles in hands)

Children Transitioning to Kindergarten Areas of Focus: Social/Emotional Development and Mathematics

Children with IEPs Areas of Strength: Physical Gross Motor Development (large muscles) and Physical Fine Motor Development (small muscles in hands)

Children with IEPs Areas of Focus: Social/Emotional Development and Language Development

Teachers are now taking observations for the spring assessment period and planning activities to continue support their Individual Learning Plans.

We would like to give a warm welcome to new teaching staff that have started over the last couple of months: Briana Stariknok has joined the Chester team, and Meagan Hannigan has joined the Windsor Team. WE LOVE OUR HEAD START TEACHERS!

March 13th is daylight savings. Remember to turn your clocks ahead 1 hour before you go to bed on the 12th.



Remember to change your Smoke Detector Batteries, too!



News from the Health and Nutrition Manager Heather Frye

Buttermilk Pancakes

Ingredients

- $\frac{1}{2}$ cup all purpose flour
- $\frac{1}{2}$ cup whole wheat flour
- 1 tablespoon sugar
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 1 cup buttermilk*
- 1 egg
- 1 tablespoon vegetable oil
- Additional oil for greasing griddle
- Butter and maple syrup for serving

*Some buttermilk is very thick. You may have to add a few tablespoons of regular milk if your batter is really thick. To make your own buttermilk combine 1 tablespoon of white vinegar or lemon juice with 1 cup of milk.

Instructions

- With a whisk combine the dry ingredients in a large bowl.
- Add the buttermilk, egg and oil to the dry ingredients and whisk together until smooth.*
- Use a paper towel to rub a little oil all over a griddle or large frying pan. Heat the griddle or large frying pan over medium heat.
- For each pancake pour about 2 tablespoons of batter onto the heated griddle or frying pan.*
- Flip when the pancakes begin to bubble on the top and the bottom is golden brown. Don't rush the flipping or you'll just end up with a big mess. Cook the second side for about 1 minute.

*To make blueberry pancakes, sprinkle a few blueberries on each pancake immediately after you have poured the batter on the griddle. Continue as above.

*Add 1 peeled, shredded apple and $\frac{1}{2}$ teaspoon cinnamon to finished batter if you like. Cook as directed above. If you would like to revisit this recipe on our website, please follow the link below.

<https://thefamilydinnerproject.org/dinner-tonight/january-24-2020/>

**NEWS FROM THE
FAMILY/COMMUNITY/MENTAL
HEALTH MANAGER BARBARA
VANDENBURGH**

Trauma Informed Parenting Skills Wednesdays



March 16- April 6, 2022

5:30 - 6:30 pm via Zoom

This free, 4-week discussion group will offer parenting strategies from a trauma informed perspective.

For questions or to register, please contact Stacey at staceys@sapcc-vt.org or 802-886-5242

Birthday News for March



Chester Community Preschool

CCP1- Jace C. 3/30 and Lana R. 3/8

CCP2- None

Pine Street Preschool

Daisy- Violette A. 3/1, Jayce B. 3/15 and

Mazikeen G. 3/24

Willow- Edda S. 3/14

Northwoods Preschool

None

The Children's Place

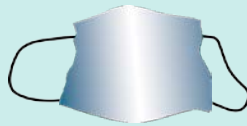
Peter B. 3/15

Staff

Daisy Teacher Associate-Denise K. 3/6
and

Northwood's Teacher-Darci M. 3/8

Understanding the Difference



Surgical Mask



N95 Respirator

Testing and Approval

Cleared by the U.S. Food and Drug Administration (**FDA**)

Evaluated, tested, and approved by **NIOSH** as per the requirements in **42 CFR Part 84**

Intended Use and Purpose

Fluid resistant and provides the wearer protection against large droplets, splashes, or sprays of bodily or other hazardous fluids. Protects the patient from the wearer's respiratory emissions.

Reduces wearer's exposure to particles including small particle aerosols and large droplets (**only non-oil aerosols**).

Face Seal Fit

Loose-fitting

Tight-fitting

Fit Testing Requirement

No

Yes

User Seal Check Requirement

No

Yes. Required each time the respirator is donned (put on)

Filtration

Does **NOT** provide the wearer with a reliable level of protection from inhaling smaller airborne particles and is not considered respiratory protection

Filters out at least 95% of airborne particles including large and small particles

Leakage

Leakage occurs around the edge of the mask when user inhales

When properly fitted and donned, minimal leakage occurs around edges of the respirator when user inhales

Use Limitations

Disposable. Discard after each patient encounter.

Ideally should be discarded after each patient encounter and after aerosol-generating procedures. It should also be discarded when it becomes damaged or deformed; no longer forms an effective seal to the face; becomes wet or visibly dirty; breathing becomes difficult; or if it becomes contaminated with blood, respiratory or nasal secretions, or other bodily fluids from patients.

This information provides clarification regarding respirator and mask use in workplaces in which employees are exposed to respiratory hazards, it is not specific for the COVID-19 pandemic.

Monday

Tuesday

Wednesday

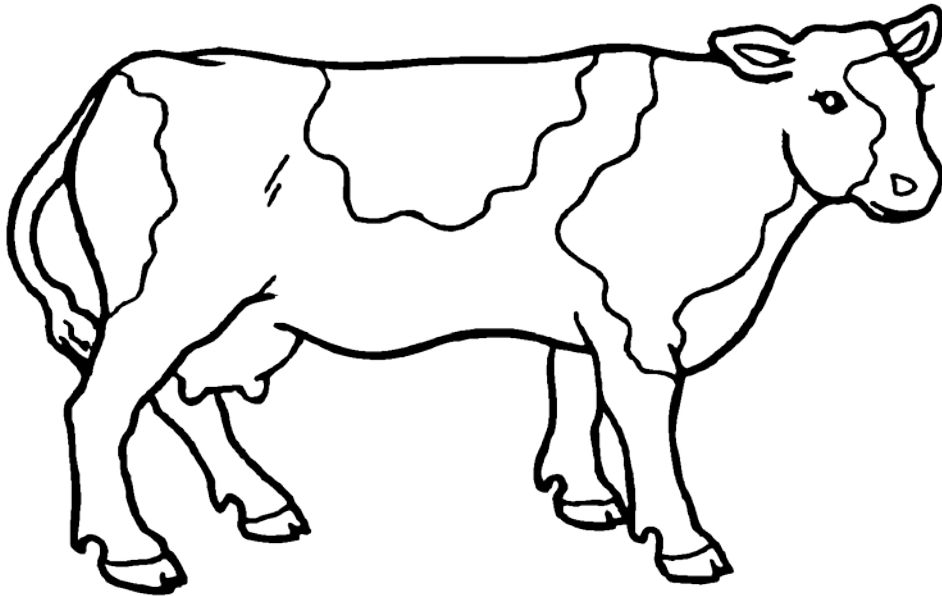
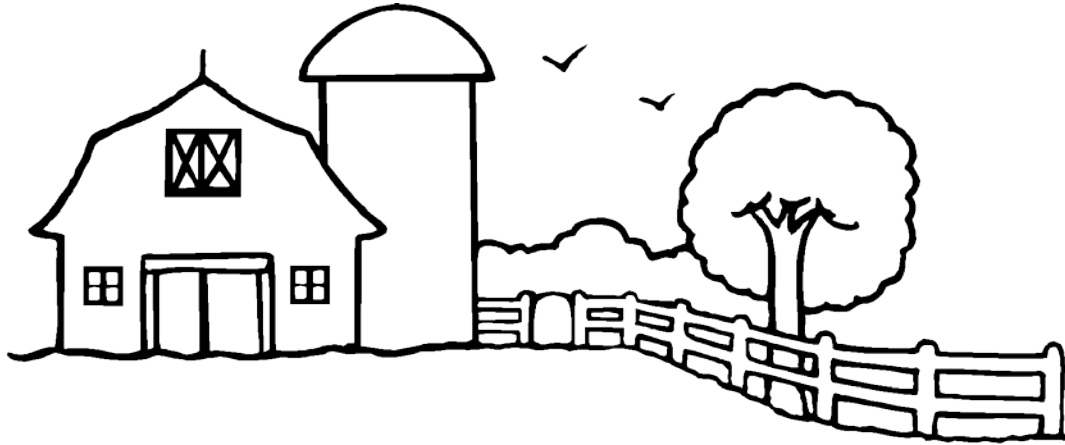
Thursday

Friday

<p>This institution is an equal opportunity provider.</p>	<p>1 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</p>	<p>2 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</p>	<p>3 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</p>	<p>4</p> <p style="text-align: center;">CLOSED</p>
<p>7 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</p>	<p>8</p> <p style="text-align: center;">Teacher's Choice</p>	<p>9 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</p>	<p>10 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</p>	<p>11 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 Early Release</p>
<p>14 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</p>	<p>15 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</p>	<p>16</p> <p style="text-align: center;">Kid's Choice</p>	<p>17 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</p>	<p>18 Breakfast Whole Wheat Pancakes Applesauce 1% unflavored milk Lunch Egg Salad on Whole Wheat Crackers Broccoli Trees Honey Dew 1% unflavored milk Snack Tootie Fruitie Salad Rice Cakes</p>
<p>21 Breakfast Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk Lunch Peanut Butter & Jelly on Whole Wheat Cheddar Cheese Carrot Sticks Perfect Pineapple 1% unflavored milk Snack Whole Wheat Crackers 1% unflavored milk</p>	<p>22 Breakfast Whole Wheat Bagel Applesauce 1% unflavored milk Lunch Mediterranean Chicken Whole Grain Yellow Rice Salad with yogurt dressing Cantaloupe 1% unflavored milk Snack Graham Cracker Dippers (dip-banana, raspberries, honey, cocoa powder, avocado)/1% unflavored milk</p>	<p>23 Breakfast Sure to Please Eggs & Cheese (shredded cheese, veggies) Peaches 1% unflavored milk Lunch Goulash (whole wheat pasta and turkey burger) Whole Wheat Roll Cool Cucumber Sticks Pears 1% unflavored milk Snack Red Grapes Halves Cheddar Cheese Chunks</p>	<p>24</p> <p style="text-align: center;">Cook's Choice</p>	<p>25</p> <p style="text-align: center;">CLOSED</p>
<p>28 Breakfast Cold Cereal Cheddar Cheese Chunks Applesauce 1% unflavored milk Lunch Chicken Salad Sandwich on Whole Wheat Bread Spinach/Tomato Wonderful Watermelon 1% unflavored milk Snack Kale Chips Whole Wheat Crackers 1% unflavored milk</p>	<p>29 Breakfast Eggs & Cheese Burrito Blaster (onions, peppers) Pears 1% unflavored milk Lunch Turkey & Stuffing Meatloaf Whole Wheat Bread and Butter Green Beans Mango 1% unflavored milk Snack Peanut Butter & Apple Wraps 1% unflavored milk</p>	<p>30 Breakfast Whole Wheat Blueberry Muffins Apricots 1% unflavored milk Lunch Sloppy Farmer Joes on Whole Wheat Roll Garden Party (tossed salad) Peaches 1% unflavored milk Snack Whole Wheat Goldfish Pepper Slices</p>	<p>31 Breakfast Strawberry Oatmeal Cups Mixed Fruit 1% unflavored milk Lunch Chicken Noodle Soup Cool Cucumbers Perfect Pineapple 1% unflavored milk Snack Cottage Cheese Celery Sticks</p>	<p style="text-align: center;">Menu Subject to Change</p>

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 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>2 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>3 Breakfast Egg Burritos with veggies All Mixed Up Fruit Medley 1% unflavored milk Lunch Pizza Toasts Tossed Salad Honey Dew 1% unflavored milk Snack Snack Apple Yogurt Layered Cups (diced apple, yogurt & graham cracker topping) 1% unflavored milk</p>	<p style="text-align: center;">CLOSED</p>
<p>7 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 style="text-align: center;">8 Teacher’s Choice</p>	<p>9 Breakfast Whole Wheat Bread with Peanut Butter Mango 1% unflavored milk Lunch Turkey Roll Ups Cheese Chunks Pepper Slices and Cherry Tomato Halves Applesauce 1% unflavored milk Snack Cheese Chunks, Honey Dew</p>	<p>10 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>11 Breakfast Yogurt Parfaits (cereal, strawberries, yogurt) 1% unflavored milk Lunch Crispy Veggie Wrap (cream chesses, red leaf lettuce, carrot sticks, cucumber sticks, grape tomato halves, cheese) Apples 1% unflavored milk EARLY RELEASE</p>
<p>14 Breakfast Whole Wheat Bagel with Peanut Butter Fruit Salad 1% unflavored milk Lunch “Gobble it Up” Turkey Sandwich on Whole Wheat Tomato Veggie Soup Applesauce 1% unflavored milk Snack Carrot Sticks 1% unflavored milk</p>	<p>15 Breakfast Cold Cereal Clementine Oranges 1% unflavored milk Lunch Peanut Butter & Jelly on Whole Wheat Bread Cheese Chunks Carrot Sticks Pears 1% unflavored milk Snack Rice Cakes (topped with Greek yogurt dip & cherry tomato halves)</p>	<p style="text-align: center;">16 Kid’s Choice</p>	<p>17 Breakfast Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk Lunch Cheese Quesadilla Apple Slices Celery Sticks 1% unflavored milk Snack Cantaloupe 1% unflavored milk</p>	<p>18 Breakfast Whole Wheat Toast Blueberries 1% unflavored milk Lunch Chicken Salad Bread & Butter on Whole Wheat Cucumber Slices Mixed Fruit Medley 1% unflavored milk Snack Cheese Wheat Thins</p>
<p>21 Breakfast Cold Cereal Applesauce 1% unflavored milk Lunch Peanut Butter & Jelly on Whole Wheat Cheese Cubes Carrot Sticks 1% unflavored milk Snack Cottage Cheese Peaches</p>	<p>22 Breakfast Tortilla Roll Ups (peanut butter & fresh fruit in a whole wheat tortilla) 1% unflavored milk Lunch Chicken Salad on a Whole Wheat Roll Cauliflower Clouds Strawberries 1% unflavored milk Snack Crazy Carrot Sticks Wheat Thins</p>	<p>23 Breakfast Cold Cereal Peaches Cottage Cheese 1% unflavored milk Lunch Turkey & Cheese Wraps (whole wheat wrap) Celery Sticks , Oranges 1% unflavored milk Snack Veggiewiches (cucumber slices with ham and cheese in between), Greek Yogurt Ranch Dip, 1% unflavored milk</p>	<p style="text-align: center;">24 Cook’s Choice</p>	<p style="text-align: center;">25 CLOSED</p>
<p>28 Breakfast Cold Cereal Clementine Oranges 1% unflavored milk Lunch Chicken Little Chicken Salad Whole Wheat Bread & Butter Carrot Sticks & Hummus 1% unflavored milk Snack Whole Wheat Crackers 1% unflavored milk</p>	<p>29 Breakfast Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk Lunch Tomato Soup Cheese Chunks Whole Wheat Crackers Watermelon 1% unflavored milk Snack Graham Crackers 1% unflavored milk</p>	<p>30 Breakfast Whole Wheat Bagel with Cream Cheese Cantaloupe 1% unflavored milk Lunch Say “Cheese” & Ham on Whole Wheat bread Grape tomato halves Mango 1% unflavored milk Snack Red Grapes Halves Cheddar Cheese Chunks</p>	<p>31 Breakfast Scrambled Eggs Burst of Blueberries 1% unflavored milk Lunch Tuna Salad whole wheat pita Applesauce 1% unflavored milk Snack Pepper slices Hummus 1% unflavored milk</p>	<p style="text-align: center;">This institution is an equal opportunity provider.</p>

Dairy



- Dairy provides many health benefits like building and maintaining strong bones.
- Kids that are 2 years old and up can drink 1% and skim milk.
- Some children may prefer milk to other foods and fill up on it. Be sure they get enough, but not too much!

Easy No-Bake Mac and Cheese Recipe

Ingredients

- 2 cups macaroni, whole-wheat, uncooked
- 1 ½ cups milk (1% or skim)
- 2 tablespoons flour
- Dash black pepper
- 2 cups Cheddar cheese, low fat, sharp, shredded

Directions

1. Follow package directions to cook macaroni.
2. Using a fork, blend flour and milk in a small mixing bowl until flour can no longer be seen and there are no lumps.
3. Heat milk and flour mixture in a saucepan over medium heat, stirring constantly until it begins to bubble and thicken.
4. Reduce heat to low and add pepper and shredded cheese.
5. Stir until cheese melts. Remove from heat.
6. Stir cheese sauce and cooked macaroni together until blended. Enjoy!

WIC APPROVED ACTIVITY

Today your child learned about dairy 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.