

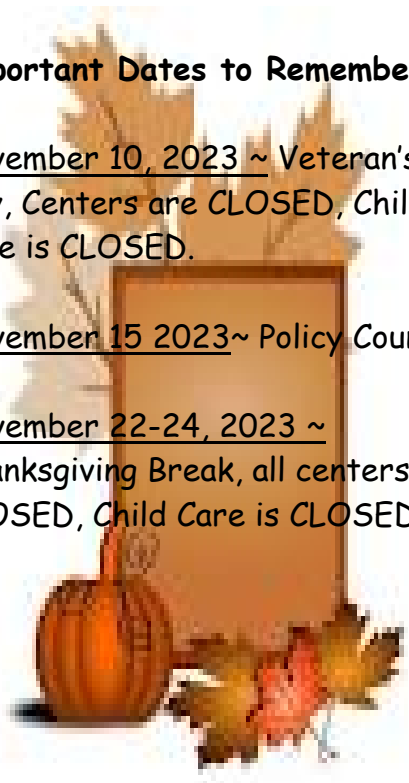


### Important Dates to Remember:

November 10, 2023 ~ Veteran's Day, Centers are CLOSED, Child Care is CLOSED.

November 15 2023~ Policy Council

November 22-24, 2023 ~ Thanksgiving Break, all centers are CLOSED, Child Care is CLOSED.



### Policy Council Update:

The Policy Council meets usually the third Wednesday of each month unless there is a scheduled vacation for the program or other event has been scheduled. So for the month of November the meeting date will be November 15<sup>th</sup>.

If you have any questions, please let us know.

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

### Chester Community Preschool:

CCP#1: None this month.

CCP#2: Evelyn G., Isaiah M., Ellum N., Harper W., Kailynn H. and Lucy H.

### Pine Street Preschool:

Daisy Room: Lexus M., Alayah S., Lumyn T. and Georgia T.

Willow Room: Owen B., Milo D., Kayleigh H. and Ivy L.

Northwoods: Not currently open.

The Children's Place: Ezekiel M.

# Way to go!

# Classroom Updates...

### Chester Community Preschool

#### CCP1

*Ms. Jodie, Ms. Karie and Ms. Meagan*

Here in CCP1 with Miss Jodie, Miss Karie, and Miss Meagan we have been learning all about transportation and Safety! We have been studying different types of vehicles and what they are used for! We made fire trucks, garbage trucks, trains and school buses! We also made our dress-up area into a fire station complete with a firetruck and hoses! As well as a transportation station and we

traveled all over the world in many different vehicles!

Along with learning about vehicles, we also learned about the other items that go with transportation. We made Celery Stick traffic lights for a snack! We used celery, cream cheese, and yellow-green-red peppers for the lights!

The kids also enjoyed our Twinkle, Twinkle, Traffic Light song and one of our favorite books - Good night, Goodnight, Construction Site!

This month was packed with all kinds of specials as well! Miss Vanessa came and took our school photos. Miss Carrie from the Whiting Library came to our school and read us some books about Fall and sang "Tall, Tall Tree" with us.



We also got to go to the Chester Emergency Services building and see the Fire Fighters, Police force, and EMTs that help out our community when we are in need!

Our families were also able to come and visit towards the end of the

month and had lunch in our class! We made cornbread together that we ate with Chili for our Family Lunch!

We had such a great second month of school!

## CCP2

*Ms. Randi, Ms. Andi and Ms. Bri*

This month in CCP2, we have been very busy! Our focus has been The Five Senses and Fall themes. We have learned about fall/autumn through fun projects such as pastel leaf rubbings and a "thumbkin" project.

We have also had some fun and interactive nutrition projects; fruit pizza and banana sushi!

We have been singing and dancing our way through the days with songs like The Hokey Pokey and The Dinosaur Stomp.

The children have been introduced to lots of art supplies with plenty of coloring pages and blank books to fill with colorful pictures and made up stories.

In literacy, the children have learned the letters Y (yellow), L (leaves), and P (pumpkin). Some books we have read this month are "If You Take a Mouse to School" and "Fox Makes Friends". Our friend

Miss Carie from the local library came to read to us.

We took a field trip to the Safety Building where the children were able to look at and sit in a fire truck! One of the firefighters gave us some good information on how to stay safe in the event of a fire.



We are planning a fun science experiment with pickles for our scientific inquiry.

We are excited to welcome November where we will learn all about nursery rhymes!

Chester Community Preschool  
Family Partner

Happy Fall! I hope all of you are well. I want to thank all the families that were able to join our 1st Parent Meeting at Endless Creations. While things didn't go as planned, we had a great time and I appreciated your flexibility. A special thanks to Melissa Howe for the use of her space and supplies.

Additionally, Trunk or Treat was so much fun, we enjoy participating in

community events and seeing you all dressed up and having fun!

It is time to complete our first Home Visit of the year. These visits are an opportunity to connect on a more individual level. I will be sending out a google link to set up a time to meet. I look forward to spending some one on one time with all of you.

Thank you for your interest in our Your Journey Together, Family Workshop. We have begun our sessions and all is going smoothly.

Heating season is here. Make sure you sign up for Seasonal Fuel Assistance if you need help heating your homes this winter. You can find out more information and apply for that on the Vermont.gov website at:

<https://dcf.vermont.gov/benefits/fuel>

If you need assistance with this please contact me and I would be glad to help in any way I can.

Please keep an eye on Seesaw and Facebook for more details about Family Engagement activities and other events.



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

Katie Murphy

Family Partner

Chester Community Preschool

802.460.0297

kmurphy@sevca.org

## Pine Street Preschool

### Daisy Room

Ms. Jen, Ms. Alyssa and Ms. Felicia

What an exciting month we have had learning about the human body and community helpers. We have learned about the function of our lungs and what we use them for. We created a paper bag lung and used our lungs to blow a pom pom across the room. We learned about the tongue and the role it plays in our tasting. We measured out our small and large intestines with the children. The small intestine was 2 children long and the large intestine was 22 feet and 8 children long!!



The last organ that we have learned about is the Heart. The children saw pictures of a healthy heart and a failing heart. They also looked at

Pictures of what Ms. Jen looked like before and after her heart transplant in 2020. What an amazing group of children who showed such empathy. The last couple weeks we learned about the community helpers in our community and we made blocks into the buildings we have in our town.

November we are going to be learning all about Fall, making some applesauce and exploring more pumpkins. We are also doing a Pumpkin Jack and will follow his progress through the winter into Spring.

### Willow Room

Ms. Ruby, Ms. Nicholle and Ms. Sadie



#### **Happy Autumn!**

We had such an amazing month of October. The kids enjoyed doing a lot of fun Fall and Five Senses activities as well as making friends and enjoying the cool weather.

Everybody loves our 2 beautiful fish pets in our classroom! The kids got to eat lunch with their family during Family Lunch. Everybody was so happy and they all wanted it to happen again. Good thing, we had family breakfast a week later! The kids had a dress-up day as a celebration for filling up the marble jar for making green choices.

We transformed our dramatic play area as a Farmer's Market and everybody just loved it. VINS made a visit and did amazing activities



with the kids about apples. They're coming again next month.

We also did fall tree painting using sponges, pumpkin decorating and painting with pumpkins!



We did a food tasting activity, listening games and learned about rhymes and syllables.

We learned about changes that happen during the fall season and the clothes we wear.



We learned the importance of taking care of our eyes and the importance of our senses. We played a lot of exciting counting games, as well. Our theme for November will be about Community Helpers and Human Body!

Pine Street Preschool  
Family Partner

Happy Fall! I hope all of you are well.



I will be starting to schedule Virtual and In-Person Home Visits. I will be contacting families individually to set up times to meet. I look forward to spending some one-on-one time with all the families.

Your Journey Together Parent Workshop is November 1, 8, 15, & 29 at 2:30pm in-person and then at 5pm via Zoom.

Heating season is here. Make sure you sign up for Seasonal Fuel Assistance if you need help heating your homes this winter. You can find out more information and apply for that on the Vermont.gov website at: [www.dcf.vermont.gov/benefits/fuel-assistance](http://www.dcf.vermont.gov/benefits/fuel-assistance)

Please keep an eye out for more details about Family Engagement activities and other events. Please contact me if you have any questions, comments, or concerns.

Lindsay DeCell

Family Partner

Pine Street Preschool

802.460.1285

Ldecell@sevca.org

## Northwood's Preschool

Ms. Michohn

Ms. Michohn has been covering for staff at all our other centers as we wait to fill open positions at Northwoods. We're still looking for a Lead Teacher, Assistant Teacher and Cook there. Please, if you know anyone who would be a good fit for our Head Start family, send them our way!

From the Desk of the Family Partner  
for The Children's Place Preschool and  
Northwoods Head Start

Jessica Parmenter

Hello Families!



As cold weather is approaching, I want to let families know that if they need fuel assistance now is the time to apply!

You can apply for fuel assistance through the link below; and if you need help filling out your application come and visit.

As we are progressing through the school year

I want to let everyone know that I will be reaching out to families individually to schedule home visits.

We will also begin our Your Journey Together program (YJT) on November 1<sup>st</sup> and will have three more sessions November 8<sup>th</sup>, 15<sup>th</sup>, and 29<sup>th</sup>. We will be holding in person sessions at Pine Street Preschool in Springfield from 2:30-

3:30pm and zoom sessions from 5-6pm.

[www.dcf.vermont.gov/benefits/fuel-assistance](http://www.dcf.vermont.gov/benefits/fuel-assistance)

Let me know if you have any questions!

Jessica Parmenter

Family Partner

Children's Place Preschool

Northwoods Preschool

802-674-8008

[jparmenter@sevca.org](mailto:jparmenter@sevca.org)

## Children's Place Preschool

Ms. Susan, Ms. Denise and Ms. Mimi

September is over and now we have fluttered into the month of October!

The month of September was a fun month as we got to know one another and immediately began learning about the Monarch butterfly and began our journey to Australia. Read more to find out everything we have learned since the school year began.

Learning about the Monarch butterfly was so incredibly fascinating. We named the Monarch caterpillar Bob. We made our own caterpillar's and our own Monarch butterflies that we displayed in our classroom, which was so rewarding to see their excitement and their creativity come out. We also read books and began learning the correct terminology for each stage of how they began evolving. We learned about the chrysalis stage and how they metamorphosized

before finally emerging. Every morning when the children would arrive they would head over to "Bob's" habitat and see if there were any changes. On a Friday it happened and we got to SEE him wiggle into his chrysalis stage. In three weeks he emerged and was released to return to his winter home in Mexico. While we were waiting for "Bob", we started our monthly journey to a different country exploration, Australia!

Our cook, Ms. Rhiannon, did a wonderful job introducing the country and what it had to offer when it came to their culture and their cuisine. We got to see where Australia was located on the globe and how far it was away from Vermont! It was a joy to see the children so intrigued to learning something new and be willing to try different foods that they perhaps aren't used too.

From how far a kangaroo hops, platypus, cassowary's, koalas and replica of the Sydney Opera House, we learned about them all.

October was spent in nocturnal habitats of our Vermont animals. We made activities of daytime/nighttime, hanging bats, bat atomoy, night time maps, firefly jars, skunks, opossums and racoons. This tied right into our visit from VINS in September where they did a lesson on our brown bats of Vermont. we spent a great deal

learning about why they are nocturnal while others are diurnal.



We had a week of pumpkin exploration. We explored the inside and outside of a pumpkin. We toasted the seeds and tasted them too. We made pumpkin patches, did a replica of a pumpkin with labels for their various parts. We made a pumpkin suncatcher and a pumpkin gift to take home. We had pumpkin muffins and made pumpkin pie! We managed to slide apple exploration into this week as well. We went on a walk to collect and identify leaves! This was a big hit for the kids! For teachers, this was a way to observe our past unit and what the kids could recall.

We ended October on a visit to India! We created cobras, decorated an asian elephant, clay pots, block printing and played a game called kanach (a marble game from India). The food from India is certainly a different taste. Lots of spices which was surprising for the kids. Miss Rhi made paneer, marsala but also shared a fruit called papino



(a fruit from Brazil). This was a hit or miss with the kids (and teachers). We will be starting our Safety Unit. This unit has problem solving scenarios while also learning about keeping us safe. This enhances our walks around the neighborhood and keeping our bodies safe.

Thank you all for joining us for our first family breakfast. The children love sharing with their family and it was also an opportunity to see all the artwork and activities happening in the classroom.

The month of November will be focused on our solar system. There was interest so off we go. Our end of the month cultural experience, will be visiting Ireland!



You should all be proud of your children. This classroom is already a kind and loving community.

## News from the Practiced-based Coach

*Susan Brown*

Most of you know me as the lead teacher at the Head Start in Windsor. I am excited to share that I will be starting a position, once a week, joining other classrooms, as a Practice Based Coach.

I get the pleasure of supporting teachers, at other Head Start classrooms with personal teaching goals and play with children!

I hope to share activities, songs and bring nature to each classroom. I am excited to share all the gifts I have learned, from others, with our talented teaching staff.

I am also excited to meet families within each classroom. I will share with you that I love doing activities, dancing, bringing nature into the classroom, learning about our earth and the creatures that live here, reading to children and getting on the floor and playing.

I am looking forward to it all! I hope to see you all soon.

## News from the Education/Disabilities Services Manager

*Jodi C. Farashahi*

Happy Fall! The children are settling into the routine of the classrooms and are really having fun! Teachers began observing children on the first day of school and are busy taking observations of children as they play. Teachers will

begin to review observations and evaluate children's progress in the middle of November to prepare for parent conferences in December. Please feel free to share any observations and stories of your children from home with teachers to help with assessment!

## News from the Family/Community/Mental Health Services Manager

Barbara Vandenburg

### Support for Affordable Broadband Internet available now!

Struggling with your monthly internet expenses, or can't afford to get online at all?

A federal subsidy is available to income eligible households. If you participate in any of the following programs you qualify!

- 3Squares VT
- Medicaid
- WIC
- Supplemental Security Income (SSI)
- Veterans Pension or Survivors Benefit
- Section 8 or Affordable Housing Assistance

SEVCA can help people apply! Contact your local Family Services office at 1-800-464-9951.

### How do I qualify for fuel assistance in Vermont?

Folks need to meet income requirements (185% of the federal poverty line based on the number of people in your household) to qualify for Seasonal Fuel Assistance.

Call 1-800-479-6151 or visit a district office to have a paper application printed and/or mailed to you. Apply in person at your local district office.

### 10 5-minute or less Self-Care ideas

1. Step outside and breathe fresh air
2. Stretch your body
3. Look up inspirational quotes
4. Shut your eyes and rest
5. Grab a snack
6. Consciously unclench and relax your body (from the top down - eyes, lips, jaw...)
7. Drink a glass of water
8. Have a mental check in with your mind and body
9. Put on a happy song
10. Meditate



## News from the Health and Nutrition Manager

Heather Frye

### WIC Approved Activities

Please remember that SEVCA Windsor County Head Start is partnering with our local WIC Office. Some of you may know that WIC has changed. WIC foods are now purchased at the grocery store using the WIC card.

Changes also require that families complete a WIC Approved Activity every 3 months in between scheduled WIC visits. Head Start will be offering these WIC Approved Activities while your child is here at Head Start. There are two ways you can meet this requirement through Head Start:

1. Find the nutrition information in our monthly newsletter that says "WIC ACTIVITY" and call your WIC office to let them know! This month it is "Vegetables".
2. Head Start classrooms do a monthly nutrition project with the children. The curriculum planning form is posted weekly on the parent board. You can participate in the project, or discuss the project with your child and complete one of the attached cards and return it to your local WIC office, after the activity has been completed.

## WIC APPROVED ACTIVITY

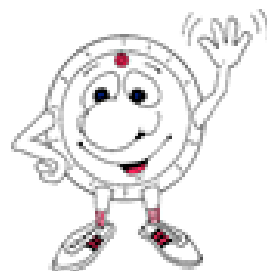


Name of Activity	Date
Participant Name	Parent Name
Host Agency	Staff Name



**November 5<sup>th</sup> is daylight savings.**

**Remember to set your clocks back 1 hour before you go to bed on the 4<sup>th</sup>.**



**Remember to change your smoke detector's batteries too!**

### Cheddar and Apple French Toast

Great for a family dinner OR a family breakfast, this French Toast dish is a quick throw-together with a balance of sweet and savory flavors. Serve it plain with bacon, ham, or turkey to make it more savory; pour maple syrup over the top and garnish with berries to bring out the sweetness.

4 servings

- 8 slices (1/2 inch thick) challah or brioche bread
- 1 tablespoon unsalted butter, plus more for greasing the pan
- 2 medium apples, thinly sliced (any variety you like)
- 2 tablespoons brown sugar
- 1/2 cup milk
- 4 eggs
- 1/2 tsp. cinnamon
- 1/8 tsp. nutmeg
- 1 cup shredded sharp cheddar cheese

1. Preheat the oven to 400 degrees. Lightly butter an 8x8 baking dish and set aside.

2. Melt the tablespoon of butter in a medium skillet. Add the sliced apples and brown sugar and cook, stirring occasionally, for 5-7 minutes or until the apples are softened.

3. In a medium bowl, whisk together the milk, eggs, cinnamon, and nutmeg.

4. Spread the cooked apple mixture evenly over the bottom of the prepared baking dish.

5. Layer the bread on top of the apple mixture, with the bread slices standing

up at a slight angle. Sprinkle cheese evenly between the slices.

6. Pour the egg and milk mixture evenly over the bread. Press down firmly to help it soak.

7. Bake the French Toast at 400 degrees for 20-25 minutes, until the bread is lightly golden brown and the liquid is absorbed. Serve warm.

If you would like to revisit this recipe



on our website, please follow the link below.

<https://thefamilydinnerproject.org/dinner-tonight/september-21-2018/>

### Birthday News for November

Chester Community Preschool  
CCP1- *No Birthdays*  
CCP2- *Jasper D.*

Pine Street Preschool

Daisy- Phoenix D-M. 11/29 and Maddox D. 11/25  
Willow- Milo D. 11/26 and Landon L. 11/19

Children's Place Preschool  
*No Birthdays*

Northwood's Preschool  
*Not currently open*

Staff

The Children's Place Teacher – Susan B. 11/17  
Daisy Teacher Associate- Alyssa Dalaba-11/23  
Northwood's Assistant Teacher - Michohn Parmenter-11/28



# ACT NOW TO KEEP YOUR HEALTH COVERAGE



Coming in April 2023

Renewals will start for Vermonters who receive:

- Medicaid and Dr. Dynasaur
- VPharm
- Medicare Savings Program
- Disabled Children's Home Care
- Healthy Vermonters program.



## What does this mean for you?

- Make sure your contact information with us is up to date.
- We will contact you when it is time to renew your Medicaid coverage. Watch your mail!
- Many Vermonters who can't get Medicaid may be able to get a plan for less than \$25 a month through Vermont Health Connect.

**It's important you have all the information!**

Scan this QR code



**UPDATE YOUR CONTACT INFORMATION TODAY!**



[www.dvha.vermont.gov/unwinding](http://www.dvha.vermont.gov/unwinding)



1-855-899-9600



[www.VermontHealthConnect.gov/find-local-help/find](http://www.VermontHealthConnect.gov/find-local-help/find)

FIGHT FLU

CDC Says  
"Take 3"  
Actions  
To Fight Flu

#1

## TAKE TIME TO GET A FLU VACCINE.

- **CDC recommends a yearly flu vaccine** as the first and most important action to protect against flu and its potentially serious complications.
- People at higher risk of serious flu complications include young children, pregnant people, people with certain chronic health conditions, and people 65 years and older.
- New this season, CDC and ACIP preferentially recommend three flu vaccines for people 65 and older:
  - **Fluzone High-Dose** quadrivalent inactivated flu vaccine
  - **Flublok Quadrivalent** recombinant flu vaccine
  - **Fluad Quadrivalent** adjuvanted inactivated flu vaccine

Available studies suggest that in this age group, these higher-dose vaccines are potentially more effective than unadjuvanted standard-dose flu vaccines.

- **Everyone 6 months and older should get an annual flu vaccine**, ideally by the end of October. Vaccination of people at higher risk is especially important to decrease their risk of severe flu illness.

#2

## TAKE EVERYDAY PREVENTIVE ACTIONS TO HELP REDUCE THE SPREAD OF GERMS.

- **Avoid close contact with sick people.**
- **Wear a face mask when caring for a sick person with flu** at home. The sick person should avoid close contact with others or wear a face mask when around others in the home.
- **Wash your hands with soap and water.** If soap and water are not available, use an alcohol-based hand rub.
- **Avoid touching your eyes, nose and mouth.** Germs spread this way.
- **When sick, limit your contact with others** as much as possible to keep from infecting them.

#3

## TAKE FLU ANTIVIRAL DRUGS IF YOUR DOCTOR PRESCRIBES THEM.

- **If you get sick with flu, antiviral drugs can be used to treat your illness.**
- **CDC recommends prompt treatment with antiviral drugs** for people who have flu or suspected flu and who are at higher risk of serious flu complications
- Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- Studies show that **flu antiviral drugs work best for treatment when they are started within two days of getting sick**, but starting them later can still be helpful, especially if the sick person is at increased risk or is very sick from flu.
- **If you get flu symptoms and are at higher risk for serious flu complications, call your health care provider as soon as possible** so you can be treated with flu antivirals if needed.

### FLU-LIKE SYMPTOMS INCLUDE:

fever\* or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscles and body aches, headache, fatigue, sometimes diarrhea and vomiting.

\*It's important to note that not everyone with flu will have a fever.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

For more information, visit [www.cdc.gov/flu](http://www.cdc.gov/flu) or call 800-CDC-INFO

CS116250-A

Monday

Tuesday

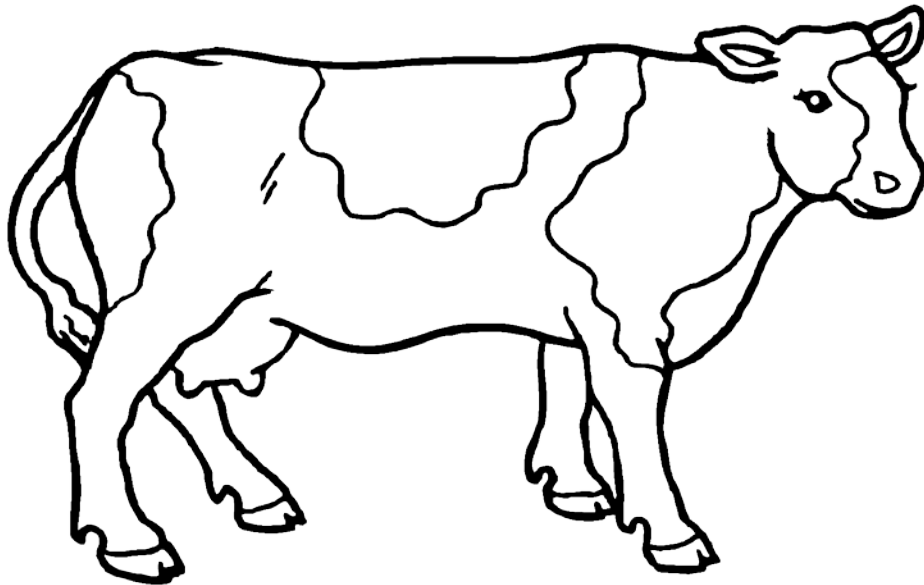
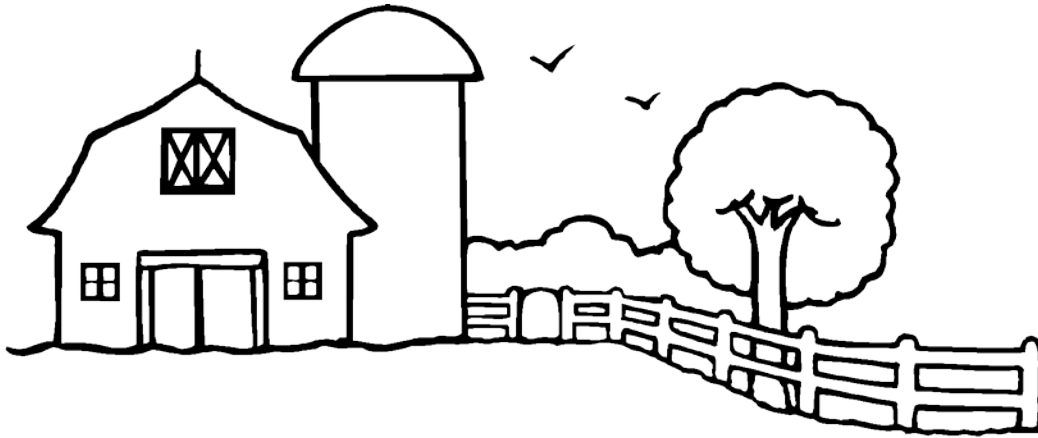
Wednesday

Thursday

Friday

	<p>This institution is an equal opportunity provider.</p>	<p>1 <b>Breakfast</b> <i>Banana Bread Squares</i> Pears 1% unflavored milk <b>Lunch</b> <i>Chic' Penne</i> Cheddar Cheese Chunks Brussel Sprouts Watermelon 1% unflavored milk <b>Snack</b> Veggiewiches (cucumber slices with ham and cheese in between) 1% unflavored milk</p>	<p>2 <b>Breakfast</b> Breakfast WGR Wrap, with Peanut Butter, Bananas and Blueberries (make your own) 1% unflavored milk <b>Lunch</b> <i>Turkey and Noodles</i> WGR Roll Strawberry Spinach Salad Mangos 1% unflavored milk <b>Snack</b> WGR Goldfish Veggie Plate</p>	<p>3 <b>Breakfast</b> <i>WGR Pancakes</i> Applesauce 1% unflavored milk <b>Lunch</b> Egg Salad on WGR Crackers Broccoli Honey Dew 1% unflavored milk <b>Snack</b> Tootie Fruitie Salad Rice Cakes</p>
<p>6 <b>Breakfast</b> Cold Cereal Burst of Blueberries 1% unflavored milk <b>Lunch</b> Peanut Butter &amp; Jelly on WGR Cheddar Cheese Carrot Sticks Perfect Pineapple 1% unflavored milk <b>Snack</b> WGR Crackers 1% unflavored milk</p>	<p>7 <b>Breakfast</b> WGR Bagel Applesauce 1% unflavored milk <b>Lunch</b> <i>Chicken Alfredo with a Twist</i> Green Beans Cantaloupe 1% unflavored milk <b>Snack</b> Graham Cracker Yogurt</p>	<p>8 <b>Breakfast</b> <i>Breakfast Burrito with Salsa</i> Honey Dew 1% unflavored milk <b>Lunch</b> <i>Beef Vegetable Soup</i> Cottage Cheese <i>Baking Powder Biscuit</i> Mixed Berries 1% unflavored milk <b>Snack</b> Red Grapes Halves 1% unflavored milk</p>	<p>9 <b>CLOSED</b></p>	<p>10 <b>CLOSED</b></p>
<p>13 <b>Breakfast</b> Cold Cereal Cheddar Cheese Chunks Applesauce 1% unflavored milk <b>Lunch</b> Chicken Salad Sandwich on WGR Bread Snap Peas Wonderful Watermelon 1% unflavored milk <b>Snack</b> Kale Chips WGR Crackers</p>	<p>14 <b>Breakfast</b> Mango Smoothie Bowl 1% unflavored milk <b>Lunch</b> <i>Pizza with Ground Turkey Cottage Cheese</i> <i>Pizza Green Beans</i> Peaches 1% unflavored milk <b>Snack</b> Peanut Butter &amp; Apple Wraps 1% unflavored milk</p>	<p>15 <b>Breakfast</b> Scrambled Eggs Blueberries 1% unflavored milk <b>Lunch</b> <i>Sloppy Joes</i> on WGR Roll Bananas 1% unflavored milk <b>Snack</b> WGR Goldfish Pepper Slices</p>	<p>16 <b>Breakfast</b> Oatmeal Mixed Fruit 1% unflavored milk <b>Lunch</b> Macaroni and Cheese Ham Chunks Cauliflower Cantaloupe 1% unflavored milk <b>Snack</b> Bagel with Peanut Butter 1% unflavored milk</p>	<p>17 <b>Breakfast</b> WGR English Muffins Pears 1% unflavored milk <b>Lunch</b> Egg Salad WGR Wheat Thins Carrots Strawberries 1% unflavored milk <b>Snack</b> Celery Sticks Oranges</p>
<p>20 <b>Breakfast</b> Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk <b>Lunch</b> "Say Cheese" Grilled Ham &amp; Cheese on WGR <i>Tropical Bean Salad</i> 1% unflavored milk <b>Snack</b> Bananas in a Sleeping Bag (banana wrapped in WGR tortilla)</p>	<p>21 <b>Breakfast</b> WGR Bagel Honey Dew 1% unflavored milk <b>Lunch</b> <i>Vegetable Chili</i> Cheddar Cheese Chunks WGR Roll Grapes 1% unflavored milk <b>Snack</b> Strawberries 1% unflavored milk</p>	<p>22 <b>CLOSED</b></p>	<p>23 <b>CLOSED</b></p>	<p>24 <b>CLOSED</b></p>
<p>27 <b>Breakfast</b> Cold Cereal Cottage Cheese Peaches 1% unflavored milk <b>Lunch</b> Ham &amp; Cheese on WGR Bread Broccoli Oranges 1% unflavored milk <b>Snack</b> <i>Mini Graham Cracker Berry Nut Butter (strawberries &amp; peanut butter with graham crackers)</i></p>	<p>28 <b>Breakfast</b> Banana Split Yogurt Parfait (cereal, banana, yogurt) 1% unflavored milk <b>Lunch</b> Chopped Brazilian Chicken in WGR Pita Greek Salad Honey Dew 1% unflavored milk <b>Snack</b> Apple 1% unflavored milk</p>	<p>29 <b>Breakfast</b> WGR English Muffin Watermelon 1% unflavored milk <b>Lunch</b> <i>Turkey Meatloaf with a WGR Roll</i> Green Beans Pineapples 1% unflavored milk <b>Snack</b> WGR Crackers Cheddar Cheese Chunks</p>	<p>30 <b>Breakfast</b> <i>WGR Pancakes</i> Applesauce 1% unflavored milk <b>Lunch</b> <i>Pasta Salad (WGR pasta)</i> Cheddar Cheese Turkey Rolls Pears 1% unflavored milk <b>Snack</b> Funny Face Rice Cakes (fresh fruit, or veggies on a rice cake) 1% unflavored milk</p>	<p>Menu Subject to Change  WGR=Whole Grain Rich</p>

# Dairy



## 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.

## 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!

- 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!