

SEVCA Head Start Newsletter

Monthly Newsletter for March 2023



From the Desk of the
Director...

Dear Parents and Staff,

WOW...the clocks will be turned ahead this month and the Spring season will be here soon! Hopefully warmer days will be coming soon.

We are taking applications for the 2023-2024 program year, so if you know a child that will turn 3 by September 1st, please send them our way and we will work with the family to see if they are eligible for our program. We are looking to fill the following positions: Cook for Windsor and WRJ, Teacher Associate for PSP, and a Family Partner for Windsor/WRJ. These are all considered fulltime positions, so benefits are available. If you know of anyone looking for a job and want to work for a great program, please call 802-460-1552 and let us know so we can tell you more!

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.

This year has had many ups and down and has gone by so quickly! Take care and enjoy the Spring season!

Sincerely,
Lori Canfield
Head Start Director



Important Dates to Remember:

March 3, 2023 ~ P/T Conference #3 will be held. Centers are CLOSED.

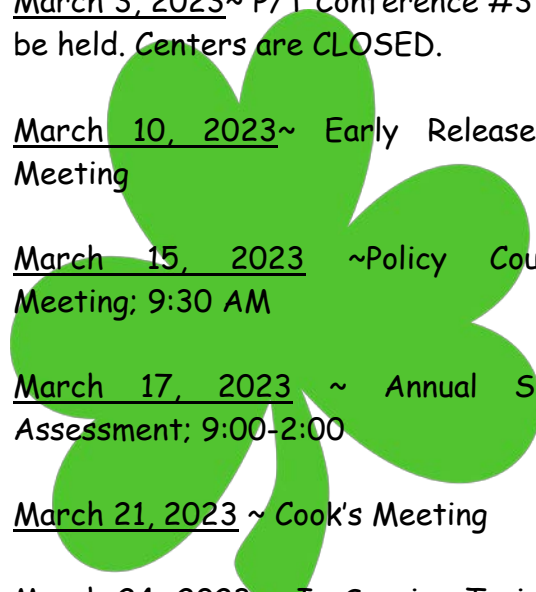
March 10, 2023 ~ Early Release/Ed Meeting

March 15, 2023 ~ Policy Council Meeting; 9:30 AM

March 17, 2023 ~ Annual Self-Assessment; 9:00-2:00

March 21, 2023 ~ Cook's Meeting

March 24, 2023 ~ In-Service Training. Centers are CLOSED.



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

Chester Community Preschool:

CCP #1 Amelia G., Sofia G., Payton L. and Maynard R.

CCP #2 Nora O., Kaylee T. and Xavier M.

Pine Street Preschool:

Daisy Room: Raiden G.

Willow Room: Milo D., Kayleigh H., Ivy L. and Remi R.

The Children's Place:

Declan C. and Liam C.



In-kind: WRJ takes 1st place for January, thanks in part to Crystal, our super cook volunteer! Willow/PSP is runner-up. Congrats to all who helped!

Classroom Updates...

Chester Community Preschool

CCP1

Ms. Jodie and Ms. Briana

We have been learning about the author Mo Willems and Friendship for the month of February! The kids have enjoyed reading all of the Mo Willems

books including the Pigeon series, Piggie & Gerald books and the Knuffle Bunny series.

We read *Don't Let the Pigeon Drive the Bus* and then made our own preschool pigeons for our bulletin board. The pigeon headbands were adorable. The kids painted their hands blue and made handprint pigeons. We read *The Duckling Gets A Cookie* and then did a cookie math activity with dice and counting. The kids enjoyed making a healthy cookie that included carrots, applesauce, apples and oats! We added "cookies" to our big letter C. We made shape Piggies out of circles, triangles and ovals.

We read *Should I Share My Ice Cream* and then made homemade ice cream and the kids loved it. The kids made ice cream cone names using a paper scoop of ice cream for each letter of their name. The class book titled *Would You Share Your Ice Cream* had a photo of each child eating their ice cream and then they wrote Yes, No or Maybe if they would share their ice cream!



We turned our Q into a quilt and then added hearts onto our H.

We made friendship crayons by breaking old crayons and melting them in molds. The Knuffle Bunny series was

enjoyed by all the kids. We also made knuffle bunnies in the washer with paper plates, tissue paper and wrap over it!

The kids filled up the jewel jar twice and we celebrated with a dance party and a pizza party! The pizza was delicious!



We will be learning about Spring Things in Vermont in March!

CCP2

Ms. Randi and Ms. Karie

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 dramatic play center has been turned into a post office where the kids each have their own mailbox that they decorated. In our math center they have enjoyed fixing the "Broken Hearts" by matching up the numeral and dots! Our sensory table is filled with rice, jewels, hearts, rainbows, and scoops!

We hope everyone has had a great month and we can't wait to start our Solar System unit 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!



I would like to thank all families for their interest in our Family Workshop, Your Journey Together. The workshop will take place on the following dates: Module 1, Thursday's, March 9th, 16th, 23rd, and 30th at both 9am and 5:30pm via zoom. I will reach out to those who have expressed interest in attending, if you would like more information please contact me.

Despite having to reschedule our Family Breakfast and Lunch, we had a great time and look forward to our next opportunity to come together.

We are enrolling now for our 23/24 Program Year. If you or anyone you know are looking for preschool please share our contact information.

Katie Murphy
Family Partner
802.460.0297
kmurphy@sevca.org

Pine Street Preschool

Daisy Room

Ms. Lauren, Ms. Nicholle and Ms. Sadie

Hello Friends! What a fun month February was! We really focused on our Social-Emotional skills. We practiced how to identify feelings by looking at faces and what's happening. We also talked about different ways to show kindness to others and what it means to be a good friend.

For March we will be transitioning in to our Authors study. We will focus on Mo Willems (Knuffle Bunny), Eric Carle (The Very Hungry Caterpillar), and Eric Litwin (Pete the Cat). We can't wait to see which author will be the class favorite (probably Pete the Cat).

Willow Room

Ms. Ruby and Ms. Felicia

Hi Friends! February was such a beautiful month for all of us. This month we learned about Friendship and Kindness. We've also learned ways to

manage anger, waiting, and also ways to solve problems.



We've shown appreciation to our friends and teachers by sharing nice things about them at circle. We also enjoyed singing the song "The More We Get Together" using sign language. Our friends made a "Here's my Smile" frame as it is one of the ways to make friends, showing our beautiful smile.



We turned our dramatic play area as a birthday party venue. Everybody loved it. We had a birthday banner, presents, birthday plates, colorful cups, hats, balloons that our friends decorated, and a lot more. Everyone loves to celebrate birthdays with friends. We did a dress up day as a celebration for filling our heart jar.

We will have another exciting topic next month. It's going to be about Outer Space!



**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.

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

In April we will be participating in the Week of the Young Child event as we do every year. This is a great opportunity to get into the community and celebrate our young children! I will be sending home a flyer for this event once we have more information. Please contact me if you have any questions, comments, or concerns.

Thank you,
Lindsay DeCell
Family Partner

Northwood's Preschool

Ms. Jen, Ms. Beth and Ms. Michohn

I can't believe we're already in March, where has the school year gone?

We did some pretty amazing things last month learning about space.

We had a nice visit with VINS! The kids always enjoy whatever they have in store for us.

Stay tuned for crazy Dr. Seuss themed projects for the month of March!

Children's Place Preschool

Ms. Susan, Ms. Denise and Ms. Meagan

We sailed right into ocean exploration this month. We started this unit by learning how much water is on earth. What we learned is that the earth is covered by $\frac{3}{4}$ water and $\frac{1}{4}$ land. This was a good opportunity to talk about $\frac{1}{4}$ measurement. The children learned how much was $\frac{1}{4}$ by cutting a circle into 4ths. It was a good visual to take a $\frac{1}{4}$ land and put it on $\frac{3}{4}$ water.

We moved onto salt water and buoyancy. This was explained by using a tub of salt water and a tub of fresh water. We started out with a raw egg and experimented with fresh water first. The egg sank. The question became why does it float in salt water? The kids quickly figured it out. We took this experiment further with other objects and the questions became clearer. We also took ice and used various kinds of salt to see which would melt faster. We extended this by putting in knives, paint and hammers. Kids had the opportunity to see salt in action. We painted with water color paints and then sprinkled salt to create beautiful patterns which later turned into seahorses and fish bowls. They were beautiful. We learned the levels of the ocean and which creatures lived

there. This was a fantastic way to understand where creatures live and why they live in specific levels of the ocean. This was the perfect craft to continue onto the coral reef. The children learned about coral by touching and looking at real kinds of coral. The children learned why the reef is in danger and how people are trying to replicate coral to save specific ocean creatures. We did a craft to replicate the coral reef by using shells, sponge paint, pipe cleaners and our collage box. They were beautiful.

Our first ocean creature, we learned about, was the great white shark. These massive animals were here long before the dinosaurs and still maintain their spot at the top of the food chain. To learn that sharks don't have bones and that they can have 1,000 teeth, in their lifetime, was hard to believe. What was even more difficult to imagine was learning that the blue whale is the largest creature that has ever been on earth. Coming in at 100 ft, we saw exactly how big this creature is by measuring 100 ft. We took this 100 ft of yarn and took it down to our favorite pond. We laid the string down along the bank of the pond to see if the blue whale could fit in it. It would be a tight fit!!

We created octopus, sting rays, sea horses, mermaids, mermen, orcas, jellyfish, patterned clown fish, and beautiful aquariums. We also tasted real tuna, cod fish and seaweed salad. We made croissant crabs and talked about other kinds of foods that come

from the ocean. We can't forget to mention our beach ball painting! Each child had the opportunity to stand on a stool and drop a beach ball (dipped in paint) onto paper. The patterns were stunning and the laughter was contagious.

We concluded this unit by talking about how we can keep our oceans healthy. There are many dangers of pollution and overfishing. The experiment that created critical thinking was the "dirty water" talk. We took a large basin of water and added pollutants such as paper, food, cans, plastic, oil, bottles, and nets. The task was to find ways to clean the water or figure out ways for pollution not to get into the water. This led into why recycle and the importance of it. As we talked, we took out items we could recycle, only leaving oil in the water. How do we take oil out of the water? We did not come up with a way to take oil out of the water. It would have to be eliminated before going into the water. We hope that children came away from this unit, with an understanding of how valuable our oceans are.



We were also lucky to have a large shell collection given to us. This provided lots of sorting and examining of what creatures might have lived in them. We used several shell books to identify what kind of shells we had. From huge conch shells to tiny sand dollars, each one was fun to examine.

Because we live in Vermont, we tapped our sugar maple out front. We filtered the sap and had a taste. We took our collection of sap, and we boiled it down. We compared it to imitation syrup and then had pancakes to enjoy our homemade syrup.

We welcomed two new students to our classroom. We were so happy to have them join our class. They fit right in.

For the month of March, we will explore Bears Around the World. Bears are so interesting. We will focus a week on our Vermont black bear and have the opportunity to have VINS bring in a black bear pelt, bones and teeth. We will talk about the grizzly bear, polar bear and the panda bear. It's a fun unit.

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

Fran Lynggaard Hansen

How Can I Help Head Start Help My Child?

Several teachers have shared with me this month how much they appreciate it when parents ask this question. When parents, teachers, children, and family partners are all sharing information with one another, it's amazing what can

be accomplished. What a beneficial thing to do for your child!

Here's a short list of ways in which you can support your child at school.

***Arrive on time and do a prompt pickup** - How do you feel when you are late for work? Pressured? Worried? Feeling like you can't catch up? The same is true for your child. Being late to the classroom can be a difficult adjustment for any youngster, especially when it happens often. Likewise, being the last child in the center to be picked up can be frightening and worrisome. We all appreciate your promptness on both ends of the day!

***Communication** - if you have a concern about your child, please do communicate your worry to your child's teacher or family partner. When my son was little, his father was very ill, and my child brought his anxiety to school every day. By letting my child's preschool teacher know what was happening at home, she was able to show compassion and assist my son at school with the worries he needed to share.

We want to help! Do let us know what is important to you and we'll do our best to assist both you and your child. Your information will be shared with confidentiality, only to the people in your child's life who need to know.

***Reading the materials, we send home via the internet or via the**

papers in your child's backpack - is always helpful. Special days are announced, and you'll receive important information about what your child is focusing on in school. This news will also allow you to have conversations with your child about what is happening during their day, something your child will love to do!

***Check your child's backpack** - especially this time of year! With the change in weather, with mud, rain, and snow, it is likely there is wet outdoor clothing, or a wet change of indoor clothing inside their backpack. While we do hang wet clothing up on a rack to dry, often there isn't enough time for clothing to fully dry out during the school day. It's no fun wearing wet, soggy mittens the next day, and that can be avoided by checking the backpack consistently every day.

We work with wonderful, caring parents. Thanks for all that you do for your child and for the place they spend most of their time - their preschool classroom.

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 (snow pants, coat, hat, mittens, snow boots) when they attend school!

Here are the child outcomes for the Winter Assessment:

Program Areas of Strength: Social/Emotional Development and Physical Fine Motor Development (small muscles in hands)

Program Areas of Focus: Literacy Development and Mathematics

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

Children Transitioning to Kindergarten Areas of Focus: Literacy 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: Language Development and Literacy Development

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

March 12th is daylight savings. Remember to turn your clocks *ahead* 1 hour before you go to bed on the 11th.



Remember to change your Smoke Detector Batteries, too!



News from the Health and Nutrition Manager Heather Frye

The Health Services Advisory Committee met on February 14, 2023, to review the COVID-19 Policy. The HSAC members include a pediatrician, pediatric dentist, staff of Springfield Hospital, employees of the VT Department of Health, the Head Start Tooth Tutor, the Head Start Nutrition Consultant, Community members, the SEVCA Board, the Policy Council, Head Start parents, Head Start staff and the SEVCA Interim Director and the Executive Assistant were invited to attend. There were 11 people present for the meeting.

During this meeting the newest version of our COVID-19 policy was reviewed and approved by the HSAC. In brief; Head Start will continue to follow the CDC's COVID-19 Community Risk Levels to determine how the program will run. If the risk level is green, low risk or yellow, medium risk, parents and visitors will be welcome into our classrooms, parent meetings, PTC and field trips will continue as normal and masks are optional, but not required. If the risk level is orange, high risk, we will ask families to drop off at the door, all in-person activities will be rescheduled, postponed or done remotely, masks will be required for staff and children will be encouraged to mask, but never forced to wear a mask as we understand that for some children they are not able wear a mask. We will continue to follow the orange

risk level if there has been a positive case of COVID in the classroom, this means that masking will occur for the 10 full days and all in-person activities will be rescheduled, postponed or done remotely. We know it is difficult for parents, families and staff when we are closed to the public and our goal is to keep everyone healthy and safe during these trying times.

The policy states that those who have an active case of COVID-19, should stay isolated at home for 5 days, Day 0 being the first day of symptoms or the day of positive testing, for those who were asymptomatic (those with no symptoms). On day 6, as long as symptoms have improved and any fever has been gone for at least 24 hours without the use of fever reducing medications, the person may return to school wearing a mask for the following 5 days. Of course, parents may choose to keep their child home for the full 10 days and their child's attendance would be an excused absence.

Those who have been exposed should monitor for symptoms and stay home if they are not feeling well.

We continue to ask for your support in keeping your child home if they are not feeling well. If your child is sick at school and unable to participate in daily activities, you will be asked to come pick your child up. They will be able to return to school once their symptoms have resolved. For those who have a fever of 100 or above, our policy states that they must stay home until they have been fever free for at least 24

hours without the use of fever reducing medications.

We hope that you and your family remain healthy the rest of this winter and beyond.

Vegetable Waffles

We should all be eating more vegetables, right? Whether you serve these waffles for a family breakfast or a family dinner, the hefty helping of carrots and zucchini folded into the batter will add to your daily produce tally in a sweet way. Pop extras into the freezer to toast up on busy mornings!

Ingredients

- 1 3/4 cups flour (you can use all-purpose or a whole-grain flour of your choice)
- 1/3 cup granulated sugar
- 2 tsp. baking powder
- 2 tsp. cinnamon
- 2 large eggs
- 1 1/2 cups milk
- 4 tablespoons butter, melted
- 1 cup each grated carrot and zucchini

Instructions

1. Preheat a waffle iron according to manufacturer directions.
2. In a medium bowl, whisk together the dry ingredients (flour, sugar, baking

powder, and cinnamon).

3. Add the eggs and milk and mix well.
4. Whisk in the melted butter until the batter is smooth and thick.
5. Fold in the carrots and zucchini.
6. Cook the waffles according to your waffle iron's specifications. Serve warm, with maple syrup or a sweet flavored cream cheese!

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



If you haven't done your income taxes, SEVCA's Volunteer Income Tax Assistance Program (VITA) can help, free of charge! You can drop your paperwork off in one of their locked drop-boxes!

Intake/Drop Off Locations with a locked drop-boxes are located at the following sites:

Windsor Resource Center, 1 Railroad Avenue, Windsor, VT Monday thru

Friday Hours 8:30 am to 4:00 pm

SEVCA, 91 Buck Drive, Westminster, VT Monday thru Friday Hours 10:00 am

to 4:30 pm

SEVCA, 15 Grove Street,

Brattleboro, VT Housing Resource

Center - Monday 1:30 pm - 4:00 pm,
Wednesdays 1:30 pm - 4:00 pm,
Fridays 9:00 am - 11:00 am

If unable to get to a site location, documents can be mailed to the following address only and added to the day's log by received date.

Mailing address: SEVCA VITA TAX PROGRAM, 91 Buck Drive, Westminster, VT 05158

Thank you and we look forward to providing another year of successful free tax preparation service. If you have any questions, please contact Leslie Wood, SEVCA VITA Tax Site Coordinator lwood@sevca.org 802-722-4575, extension 1603 or cell 802-689-0778

COVID Tests

FREE COVID tests are still available at the Vermont Department of Health. Just go to any VDH site and ask for test for you and your family. COVID is still very real. Many people think they may have a cold or allergies, and they are learning they have COVID. Most people do get better within a week or so, but COVID is still very dangerous for people who may have compromising immune systems (heart disease, diabetes, asthma, etc.). Please do your part by getting vaccinated, and testing if you are sick. If you have COVID, please stay away from others, or wear a mask if you have to be in social settings.

Head Start Updates:

- We are accepting applications for next program year. Please let

us know if you have a friend, family member or neighbor that is interested.

- Family Partners will begin another round of Home Visits to assist families with their Family Plans and any resources that you may need.
- Talk to your Family Partners about Parent Group meeting activities you may be interested in!

Birthday News for March



Chester Community Preschool

CCP1- Harper W. 3/16 and Emma M. 3/11/18

CCP2- Isabella M. 3/11

Pine Street Preschool

Daisy- Violette A. 3/1

Willow- None

Northwoods Preschool

None

The Children's Place

Peter B. 3/15 and Ezekiel M. 3/12

Staff

Windsor Teacher Associate-Denise K. 3/6

Monday

Tuesday

Wednesday

Thursday

Friday



This institution is an equal opportunity provider.

1
Breakfast
Whole Wheat English Muffin
Mandarin Oranges
1% unflavored milk
Lunch
Turkey Meat Loaf
Whole Wheat Roll
Mexican Corn Salad
Pineapples
1% unflavored milk
Snack
Whole Wheat Crackers
Cheddar Cheese Chunks

2
Breakfast
Whole Wheat Pumpkin Squares
Applesauce
1% unflavored milk
Lunch
Pasta Salad (Chopped Veggies & whole wheat pasta)
Cheddar Cheese
Turkey Rolls
Pears
1% unflavored milk
Snack
Make your Own Funny Face
Rice Cakes (fresh fruit, or veggies on a rice cake)
1% unflavored milk

3

CLOSED

6
Breakfast
Cold Cereal
Blueberries
1% unflavored milk
Lunch
Tuna on Whole Wheat
Spinach/Tomato
Mandarin Oranges
1% unflavored milk
Snack
Carrot Sticks
1% unflavored milk

7
Breakfast
Spiced Oatmeal
Mighty Mangos
1% unflavored milk
Lunch
Pizza Burger on Whole
Wheat Bread
Go for It Green Beans
Peaches
1% unflavored milk
Snack
Banana
Hard Boiled Egg

8
Breakfast
Whole Wheat Bagel with
peanut butter
Strawberries
1% unflavored milk
Lunch
Whole Wheat Spaghetti and
Meat Sauce
Broccoli
Perfect Pineapple
1% unflavored milk
Snack
Cottage Cheese/ Celery Sticks

9
Breakfast
Crunchy French Toast (whole
wheat bread)
Applesauce
1% unflavored milk
Lunch
Tuscan Grilled Cheese
Baked Beans
Mixed Vegetables
Pears
1% unflavored milk
Snack
Melon/ 1% unflavored milk

10
Breakfast
Whole Wheat English Muffins with
Peanut Butter
Mixed Fruit Salad
1% unflavored milk
Lunch
Turkey and Beef Macaroni
Cauliflower
Watermelon
1% unflavored milk

EARLY RELEASE

13
Breakfast
Cold Cereal
Low Fat Yogurt
Mandarin Oranges
1% unflavored milk
Lunch
Ham It Up Whole Wheat Pita
Lettuce/Tomato
Strawberries
1% unflavored milk
Snack
Cottage Cheese
Apple Slices

14
Breakfast
Whole Wheat Toast
Burst of Blueberries
1% unflavored milk
Lunch
Turkey Tacos
Pineapple
1% unflavored milk
Snack
Crazy Carrot Sticks
Wheat Thins

15
Breakfast
Banana Bread Squares
Pears
1% unflavored milk
Lunch
Chic` Penne
Brussel Sprouts
Grape Halves
1% unflavored milk
Snack
Veggiewiches (cucumber
slices with ham and cheese in
between)
Greek Yogurt Ranch Dip
1% unflavored milk

16
Breakfast
Breakfast Whole Wheat Wrap,
with Peanut Butter, Bananas and
Blueberries (make your own)
1% unflavored milk
Lunch
Turkey and Noodles
Whole Wheat Roll
Strawberry Spinach Salad
Mangos
1% unflavored milk
Snack
Ants on a Log (celery, Peanut
Butter, Goldfish)
1% unflavored milk

17
Breakfast
Whole Wheat Pancakes
Applesauce
1% unflavored milk
Lunch
Egg Salad on Whole Wheat
Crackers
Broccoli Bites
Honey Dew
1% unflavored milk
Snack
Tootie Fruitie Salad
Rice Cakes

20
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

21
Breakfast
Whole Wheat Bagel
Applesauce
1% unflavored milk
Lunch
Chicken Alfredo with a Twist
Green Beans
Cantaloupe
1% unflavored milk
Snack
Graham Cracker
Yogurt

22
Breakfast
Breakfast Burrito with Salsa
Peaches
1% unflavored milk
Lunch
Beef Vegetable Soup
Baking Powder Biscuit
Pears
1% unflavored milk
Snack
Red Grapes Halves
Cheddar Cheese Chunks

23
Breakfast
Whole Wheat Toast with Peanut
Butter
Honey Dew
1% unflavored milk
Lunch
Chicken Fajitas
Cauliflower
Strawberries
1% unflavored milk
Snack
Sam-I-Am Eggs (deviled eggs)
Pepper slices

24

CLOSED

27
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 Chip/Whl Wht Crackers

28
Breakfast
Mango Smoothie Bowl
1% unflavored milk
Lunch
Pizza with Ground Turkey
Pizza Green Beans
Grape Halves
1% unflavored milk
Snack
Peanut Butter & Apple Wraps
1% unflavored milk

29
Breakfast
Scrambled Eggs
Blueberries
1% unflavored milk
Lunch
Sloppy Joes on Whole Wheat
Roll
Garden Party (tossed salad)
Peaches
1% unflavored milk
Snack
Whole Wheat Goldfish
Pepper Slices

30
Breakfast
Oatmeal
Mixed Fruit
1% unflavored milk
Lunch
Oodles of Noodles
Turkey Rolls
Perfect Pineapple
1% unflavored milk
Snack
Cottage Cheese
Celery Sticks

31
Breakfast
Whole Wheat English Muffins
Pears
1% unflavored milk
Lunch
Stir-Fried Green Rice, Eggs and
Ham
Cheddar Cheese Cubes
Honey Cinnamon Carrots
Strawberries
1% unflavored milk
Snack
Rice Cakes Oranges

Monday

Tuesday

Wednesday

Thursday

Friday

This institution is an equal opportunity provider.



Menu
Subject to Change

1
Breakfast
Whole Wheat Toast
Burst of Blueberries
1% unflavored milk
Lunch
Cheese Quesadilla (cheddar cheese, black beans, corn, whole wheat tortilla)
Corn
Mandarin Oranges
1% unflavored milk
Snack
Apple Yogurt Layered Cups (diced apple, yogurt & graham cracker topping)
1% unflavored milk

2
Breakfast
Cold Cereal
Peaches
1% unflavored milk
Lunch
Make Your Own Veggiewiches (cucumber slices with ham and cheese in between) with Ranch
Whole Wheat Bread and Butter
All Mixed-Up Fruit Medley
1% unflavored milk
Snack
Yogurt Dip with Celery Sticks
1% unflavored milk

3

CLOSED

6
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

7
Breakfast
Banana Split Yogurt Parfait (cereal, banana, yogurt)
1% unflavored milk
Lunch
Chicken Salad on 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

8
Breakfast
Hard Boiled Eggs
Applesauce
1% unflavored milk
Lunch
Turkey, Spinach & Cheese on Whole Wheat Wrap
Cucumber Sticks
Pineapples
1% unflavored milk
Snack
Make your Own Funny Face Rice Cakes (fresh fruit, or veggies on a rice cake)
1% unflavored milk

9
Breakfast
Whole Wheat English Muffin
Mandarin Oranges
1% unflavored milk
Lunch
Make your Own Chef Salad (Chopped Veggies, Cheese, Ham & Turkey)
Whole Wheat Bread and Butter
Pears
1% unflavored milk
Snack
Whole Wheat Crackers
Broccoli Trees

10
Breakfast
Whole Wheat Bagel with Cream Cheese
Cantaloupe
1% unflavored milk
Lunch
Spaghetti and Meatballs
Green Beans
Applesauce
1% unflavored milk

EARLY RELEASE

13
Breakfast
Cold Cereal
Blueberries
1% unflavored milk
Lunch
Tuna on Whole Wheat Pita
Spinach/Tomato
Mandarin Oranges
1% unflavored milk
Snack
Carrot Sticks
1% unflavored milk

14
Breakfast
Spiced Oatmeal
Mighty Mangos
1% unflavored milk
Lunch
"Lunchables" (whole wheat crackers, deli meat, cheese)
Cucumbers
Peaches
1% unflavored milk
Snack
Banana
Hard Boiled Egg

15
Breakfast
Whole Wheat Bagel with peanut butter
Strawberries
1% unflavored milk
Lunch
Peanut Butter & Jelly on Whole Wheat Bread
Cheddar Cheese Chunks
Broccoli
Perfect Pineapple
1% unflavored milk
Snack
Cottage Cheese/Celery Sticks

16
Breakfast
Crunchy French Toast (whole wheat bread)
Applesauce
1% unflavored milk
Lunch
Cheese Quesadilla on Whole Wheat
Turkey Roll Ups
Mixed Vegetables
Pears
1% unflavored milk
Snack
Cantaloupe/1% unflavored milk

17
Breakfast
Whole Wheat English Muffins with Peanut Butter
Mixed Fruit Salad
1% unflavored milk
Lunch
Egg Salad on Whole Wheat Bread
Cauliflower Clouds
Watermelon
1% unflavored milk
Snack
Fresh Veggies & Creamy Dip
Honey Dew

20
Breakfast
Cold Cereal
Low Fat Yogurt
Mandarin Oranges
1% unflavored milk
Lunch
Ham It Up Whole Wheat Pita
Cheese
Lettuce/Tomato
Strawberries
1% unflavored milk
Snack
Cottage Cheese
Apple Slices

21
Breakfast
Whole Wheat Toast
Burst of Blueberries
1% unflavored milk
Lunch
Turkey Tacos
Pineapple
1% unflavored milk
Snack
Crazy Carrot Sticks
Wheat Thins

22
Breakfast
Banana Bread Squares
Pears
1% unflavored milk
Lunch
Chicken Salad with Whole Wheat Crackers
Snap Peas
Grape Halves
1% unflavored milk
Snack
Veggiewiches (cucumber slices with ham and cheese in between) with Ranch
1% unflavored milk

23
Breakfast
Breakfast Whole Wheat Wrap, with Peanut Butter, Bananas and Blueberries (make your own)
1% unflavored milk
Lunch
Tuna Salad on Whole Wheat Bread
Strawberry Spinach Salad
Mangos
1% unflavored milk
Snack
Ants on a Log (celery, Peanut Butter, Goldfish)
1% unflavored milk

24

CLOSED

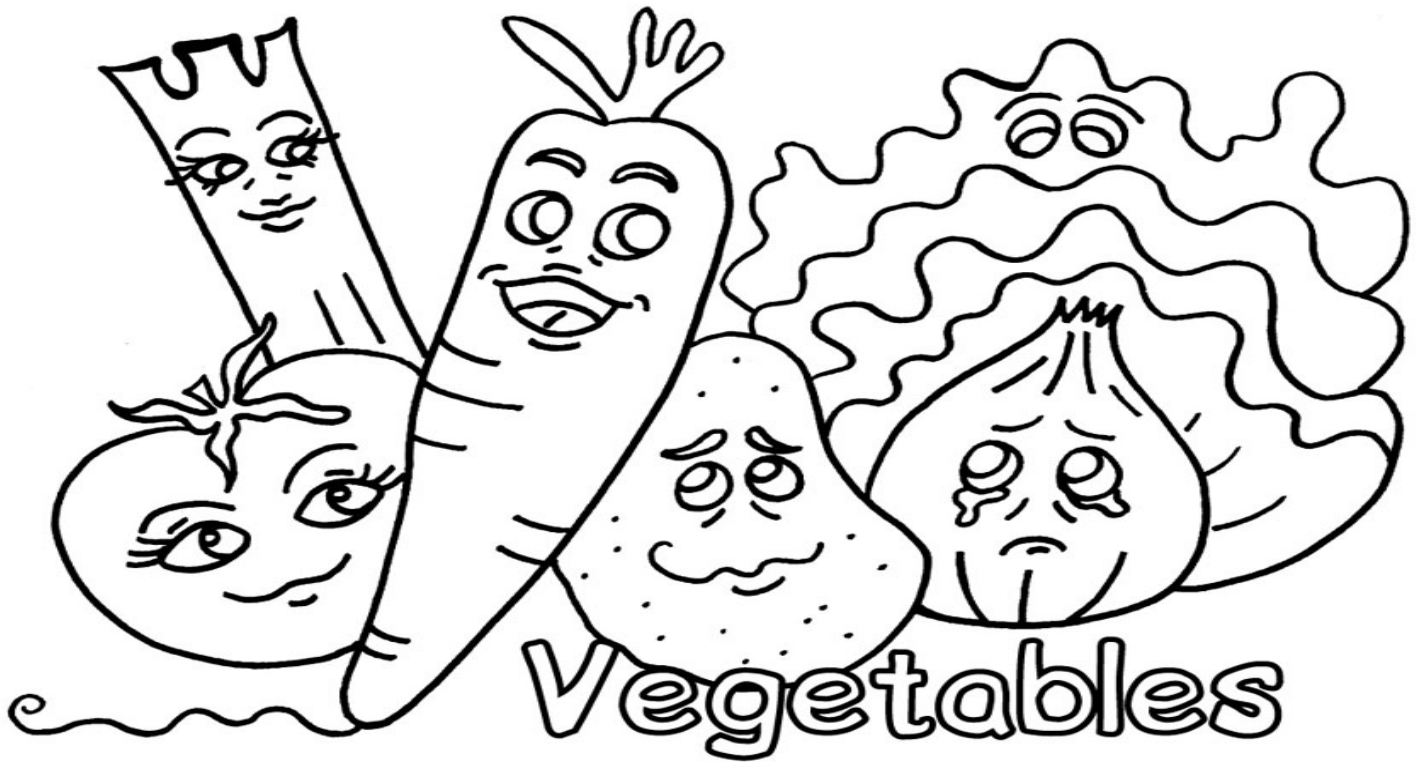
27
Breakfast
Cold Cereal & Cottage Cheese
Burst of Blueberries
1% unflavored milk
Lunch
Peanut Butter & Jelly on Whole Wheat
Cheddar Cheese/Carrot Sticks
Perfect Pineapple
1% unflavored milk
Snack
Whole Wheat Crackers
1% unflavored milk

28
Breakfast
Whole Wheat Bagel
Applesauce
1% unflavored milk
Lunch
Chicken Alfredo with a Twist
Green Beans
Cantaloupe
1% unflavored milk
Snack
Graham Cracker
Yogurt

29
Breakfast
Whole Wheat Pancakes
Peaches
1% unflavored milk
Lunch
Beef Vegetable Soup
Whole Wheat Roll
Pears
1% unflavored milk
Snack
Red Grapes Halves
Cheddar Cheese Chunks

30
Breakfast
Yogurt
Cereal
Honey Dew
1% unflavored milk
Lunch
Chicken Fajitas
Cauliflower
Strawberries
1% unflavored milk
Snack
Rice Cakes
Pepper slices

31
Breakfast
Breakfast Muffins
Mixed Fruit
1% unflavored milk
Lunch
Lunchables (deli meat, cheese, whole wheat crackers)
Celery Sticks
Orange Smiles
1% unflavored milk
Snack
Monkey Snack (banana & peanut butter)/1% unflavored milk



- Vegetables contain vitamins and minerals that help your child grow and stay healthy.
- It is common for children to dislike or refuse some vegetables. Encourage them to try vegetables and eat them yourself.
- Vegetables may be fresh, frozen, or canned. Choose canned vegetables labeled as “reduced sodium” or “no-salt-added”.

Roasted Roots Recipe

Ingredients

- 1/3 cup raw carrot, diced
- 1/2 cup raw parsnip, diced
- 1 ¼ cups raw sweet potato, diced
- 1/2 cup raw turnip, diced
- 1/2 cup raw rutabaga, diced
- 5 teaspoons olive or vegetable oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Directions

- Preheat oven to 400 °F
- Cut vegetables into ½ inch pieces
- Toss with olive and season with salt and pepper
- Spread single layer on a sheet pan and bake for 45 minutes, stirring every 15 minutes, until roasted and soft
- May be served hot or cold (tastes sweeter when it is roasted then refrigerated)
- Serve ½ cup per serving

WIC APPROVED ACTIVITY

Today your child learned about vegetables 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