

SEVCA Head Start Newsletter

Monthly Newsletter for April 2023



From the Desk of the
Director...

Dear Parents & Staff,



Happy Spring! It is now officially Spring, and the weather will hopefully be better! March certainly had plenty of snow!!

We held our Self-Assessment meeting March 17th using the new format of analyzing data and identifying trends and patterns. A HUGE thank you to everyone that participated! I hope this was an enlightening process for you. The results will be included in next month's newsletter.

Parent Surveys were sent home in March, so please take a moment and complete them, if you haven't already! Your feedback is very valuable to us!

We are also working on recruitment for 2023-2024 program year. We hope you will help us recruit for our program, so please see staff if you know of a family that would be interested in attending our program.

If you have time to stop by your child's center and share a meal it would make your child's day! Please make sure you let the Cook know in advance so enough food can be prepared. We appreciate the dedication of the parents we have in the program this year. Thank you for contributing to the success of our Head Start program!

Sincerely,
Lori Canfield
Head Start Director

Important Dates to Remember:

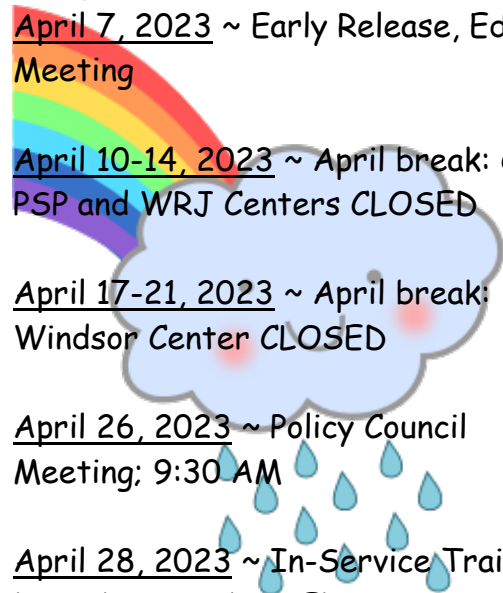
April 7, 2023 ~ Early Release, Ed Meeting

April 10-14, 2023 ~ April break: CCP, PSP and WRJ Centers CLOSED

April 17-21, 2023 ~ April break: Windsor Center CLOSED

April 26, 2023 ~ Policy Council Meeting; 9:30 AM

April 28, 2023 ~ In-Service Training Day; Centers CLOSED



February In-Kind: Northwoods are the winners for the most In-Kind collected! Woo, Hoo!
The Management Office came in second.



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

Chester Community Preschool:

CCP1: Payton L., Xavier M., Nora O., Maynard R. and Kaylee T.

CCP2: None this month.

Pine Street Preschool:

Daisy Room: Raiden G.

Willow Room: Milo D.

Northwood's Preschool:

Zeven L.

The Children's Place:

Declan C. and Liam C.

Classroom Updates...

Chester Community Preschool

CCP1

Ms. Jodie and Ms. Briana

We have been learning about Spring Things for the month of March. We learned about maple syrup and how it is

made. We did some maple syrup sequencing and made our own maple trees with sap buckets. We went on a walking field trip to The Country Girl Diner and enjoyed pancakes and real maple syrup! This was so much fun!

We talked about the weather changes that occur in spring and the signs of spring that we can see. We made colorful windsocks with paper, dotters and streamers! The kids loved watching the wind move them when we were outside. We turned our big letter U into an umbrella. We made rain cloud names. The kids wrote each letter of their name on a raindrop and then used yarn to attach it to a paper cloud. We did some drip drop painting at the easel. We made a class book titled "On a Rainy Day." We used contact paper and tissue paper to create suncatchers. They look absolutely beautiful hanging in the window.

We made coffee filter rainbows. We enjoyed eating rainbow fruit kabobs made with strawberries, cantaloupe, pineapple, grapes and blueberries. These were a big hit! We turned our big letter W into a worm and then enjoyed painting with worms in mud. We made seed bombs, turned our big letter Z into a zinnia flower. The kids labeled the parts of a flower. We painted with flowers and turned our big letter V into a vase. Miss Carrie from the Whiting Library came to read some stories to us on the playground.

For the month of April, we will be learning about Dinosaurs!

CCP2

Ms. Randi and Ms. Karie

In the month of March, we learned all about Outer Space!

The kids were astronauts in our dramatic play and blasted off and explored space in our Rocketship!



Our science center consisted of colorful plastic STEM connectors to build and design their own special creations. The kids also got to use magnetic rocket pieces to build their own space vehicles and some gears and ramps on the magnetic board!

In our Math Center we had fun using plastic shape pieces on our light table; creating rockets and fun designs. We also had a giant floor space puzzle!

In woodworking the kids got to use some real tools to help take different types of screws out of the Rocketship door to find the hidden astronaut! Throughout the month the picture inside changed. The kids were always excited to see which friends' picture would be found inside the rocket!

We used planet, star, and moon stamps to make some pattern strips, did marble planet painting, made our

own name constellations, enjoyed eating some fruit Rocketship's, and even made our own galaxy ice cream!!

Our Second Step curriculum focused on same and different feelings. We talked about how people may feel differently about something and that it is ok to do so.

Chester Community Preschool's Family Partner

Goodbye March, Hello April! A big thank you to our families who were able to attend our coffee clutch. I hope you enjoyed it as much as I did! We began our Your Journey Together Parent/Guardian Workshop. Thank you to all who are able to participate. It's wonderful to be able to learn and grow together! A special Thank You to Beth Gould for creating our quilted Hand Prints! They are beautiful mementos and we appreciate your continued contribution to our center.

I will continue to schedule our 2nd Home Visit. Watch your e-mail, seesaw, and Facebook for a sign-up link. I appreciate your patience and understanding as we navigate exposures and continue to host via zoom.

We would like to thank the Country Girl Diner and staff for hosting a walking field trip for CCP1. What a fun trip! We enjoyed pancakes, bacon, and milk!

Mud season is upon us so please remember to continue sending snow gear and/or mud boots as we will continue to go outside.

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

Phone: (802) 460-0297

E-Mail: kmurphy@sevca.org

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



Pine Street Preschool

Daisy Room

Ms. Lauren, Ms. Nicholle and Ms. Sadie

For March our class focused on learning about different authors; Mo Willems (Knuffle Bunny), Eric Carle (The Very Hungry Caterpillar), and Eric Litwin (Pete the Cat). We learned about the different parts of a book (front cover, back cover, and spine). We also learned about what an author and illustrator do.

For April our theme will be Spring. We will be learning about how things grow and change during the Springtime. Hopefully we will be seeing more Spring-like weather to go with our Spring theme!

Willow Room

Ms. Ruby and Ms. Felicia

Hello friends! March was such an exciting month for all of us. We learned so many things about outer space.

We turned our dramatic play area into a space station! The kids loved our solar system balloons in the classroom. They also had so much fun using our moon shoes. They learned what things astronauts need to prepare when they go to outer space. We learned about the sun and painted a picture of a sun using forks. We also talked about our own home, planet earth, and made torn paper earth craft.



We created rocket ships using shapes, built a telescope, hanging stars, and learned new outer space songs and movements.

Our Second Step unit focused on joining in with play, saying the problem, thinking of solutions, and speaking up assertively.

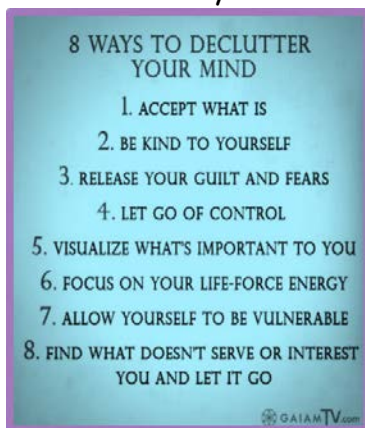


Next month, we will be learning about Spring.

Pine Street Preschool's Family Partner Happy April!

As we welcome spring into our lives this is a chance to reset ourselves from the long winter and darker days.

I have included a few spring-cleaning ideas for your home and your mind.



This month we will be having a gardening family workshop. During this workshop you will receive a kit to start your own gardens at home. We will include information about growing

container gardens and resources for other gardening information.

I have started my Virtual Home Visits last month and will continue to meet with families. Thank you to the families that have been able to meet with me so far!

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

Thank you,
Lindsay DeCell
Family Partner

Northwood's Preschool

Ms. Jen, Ms. Beth and Ms. Michohn

I can't believe it's already April. The school year has flown right by!

In March we learned all about Dr. Seuss! We had our monthly visit from VINS and hosted a family paint night!

The Librarian came and read us several Dr. Seuss books. One being Bartholomew and the oobleck! We then made oobleck and boy what a messy fun thing that was!! We find that the messier the project the more fun it is!!

We welcomed a new student in March. Ask your child what our new friend's name is!

We have a new storyteller coming once a week...Mr. Marv. He tells some of the coolest stories and the kids love his visits!

This month were diving into Camping and all things Spring! We'll learn about what we need for camping, what one might do on a camping trip and make some really cool binoculars!

Our motto for the month will be Spring showers bring May flowers!!

Children's Place Preschool

Ms. Susan, Ms. Denise and Ms. Meagan

It has been a great month filled with bears around the world. We started our unit with our very own black bear of Vermont. We made black bears, by using forks, to make our bears look furry. We planted grass, to connect black bears, to one of their biggest foods they consume. It was fun to watch grass grown and have a little bit of spring in our classroom. We also made a class book called "We Found Corduroy's Button"! This was the perfect book to go with our Corduroy bears, complete with one button.

Our second bear explored was the polar bear. These large predators have black skin and clear and hollow hair. We made several crafts focusing on how the polar bears camouflage against their habitat. We filled our water table with snow to allow the children to explore snow along with polar bears toys. We painted with ice and made polar bears with constellations. They were beautiful. We did an experiment called "snow in a bottle", which connected to past experiments.

We moved onto grizzly bears. We labeled grizzly bears body parts, measured their giant paws and made salmon with our feet!! We connect salmon with our water fall craft to understand how these fish migrate to their birth place. We also made a map called "we are going on a bear hunt". This was using artifacts from the song and putting them in order to the song.

We make a lot of maps in our classroom and this was a fun one.

Our last bear we explored was the panda bear. We made bamboo, a group panda bear habitat and we painted with bamboo. Our panda bear craft was adorable. We talked about all the bears, in this unit, and compared them all. Each bear unique to their habitat. We measured them all and compared their height and their paws. It is always surprising to see how big these animals are.

The last week of this month, was focused on China. We explore our world map often and this was a great opportunity to get social studies, and culture, into our curriculum. We made China on a map, made a dragon pattern, a Chinese fan, a Chinese Rattle drum and paper cup lanterns. The foods we sampled were homemade egg rolls, fried rice and veggie Lo Mein. It is always fun to prepare and taste foods from other cultures.

We have been playing in the snow by using bear snow shoes, spray painting our snow creations and climbing huge snow banks. We have had the best time sledding on our back pockets, down our hill. The giggles and joy are contagious. We took our pots and pans and shovels to further our play. Soon there will be puddles and mud!

Our story teller Marv, has begun to come into our classroom. The kids have absolutely loved this experience. For us, having a male come join our classroom, has been invaluable. We are

fortunate to have Marv visit once a week till the end of the year.

Thank you all for coming to our Parent Teacher Conferences. It is exciting, to share with you, your child's milestones within the classroom. We are proud of each and every one.

We will be exploring honey bees in the month of April. These necessary creatures, are interesting and amazing. We are excited to learn about these beautiful creatures.

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

Fran Lynggaard Hansen

Potty Talk

How do you know when it's time to ditch the diapers?

1. You're changing less diapers.
2. Bowel movements become more regular and predictable
3. Your little one is telling you it's happening - "I'm peeing right now!"
4. Your child is telling you to change their diaper because they don't like the feeling of wearing one that is soiled.

The majority of children attending our Head Start program are either potty trained or ready for this next big step. This year in one classroom, the teaching staffed trained 8 children all at once! Positive peer pressure works wonders.

As with anything to do with young children, **consistency is key**. Children

will need regular reminding to use the potty, and accidents are inevitable as anyone learns a new skill. Focus on the positive, and encourage your child.

"Accidents happen! That's how we learn!" is a good mantra for us all, and it sets the stage for a positive attitude for your child's learning future.

Focus on independence. Show children how to wipe themselves and to do so from front to back. Toileting is an independent skill, and if you do everything for the child, you deny them their independence. I will be honest in saying that if every child in preschool had this done for them at home, we as teachers couldn't possibly teach as we would spend the majority of the day in the bathroom!

Thanks for helping us, by helping your child take the first big step in caring for their person.

News from the Education/Disabilities Services Manager

Jodi C. Farashahi

Happy Spring! The days are getting longer and warmer, and teachers are hoping to plan more outdoor activities with children to take advantage of the fresh air! Teachers continue to collect observations for spring assessment. They will also share letters with the Kindergarten classrooms and learning about what to expect in Kindergarten. Bring on that sunshine!

News from the Health and Nutrition Manager

Heather Frye

ORAL HEALTH RESOURCES FOR INDIVIDUALS & FAMILIES

Oral health is important, and establishing healthy habits shouldn't be limited to regular visits to the dentist—in fact, there are many things that can be done right from home to benefit kids and adults. After all, maintaining healthy teeth and smiles to last a lifetime starts with small habits.

TIPS FOR FAMILIES TO KEEP SMILES BRIGHT AT HOME

Help your kids develop the skills they need to keep their teeth healthy now and for many years to come.

- Protect your kid's teeth from cavities. **Always brush with fluoride toothpaste.**
- Children under 3 should only use a **tiny amount of toothpaste**, about the size of a grain of rice. Those under 8 need a pea-sized amount.
- Remember to **brush twice a day to keep the germs away!** In addition, floss once per day.
- **Don't brush off the dentist!** Once babies get their first tooth, it's time to schedule a dental visit. From there, schedule a dental visit every 6 months for your kids.
- **Seeing a dentist at least every year is important for adults, too**, even if you have dentures or no natural teeth.

- Going to the dentist is **safe and recommended for everyone**. If you haven't gone in for a while, make your appointment soon.

For more information:
<https://www.healthvermont.gov/wellness/oral-health/oral-health-resources-individuals-families>

Spinach and Feta Cheese Pizza-dilla

It's a quesadilla. It's a pizza. It's a...pizza-dilla! This quick dish is a good meatless meal and also great for building kids' kitchen skills as they grow. If you aren't fans of feta cheese, you can leave it out and add more mozzarella, but we like the salty, tangy flavor the feta cheese adds.

Ingredients (Add to Shopping List)

Makes 4 (6 inch) quesadillas

- 1 package (10 ounces) frozen chopped spinach, thawed
- 1/4 cup diced onion
- 2 cloves garlic, minced
- 2 tablespoons olive oil, plus more for greasing the skillet as needed
- 3/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 8 (6-inch) flour tortillas
- 1/2 cup marinara sauce
- 1 cup shredded mozzarella cheese
- 1/2 cup crumbled feta cheese

Instructions

1. Place the thawed spinach in a clean, lint-free towel or layers of paper towels and squeeze it dry

- over the sink or a large bowl. Get as much liquid out as you can so your pizza-dillas don't get soggy.
2. In a large skillet over medium heat, warm 2 tablespoons of olive oil and sauté the onion and garlic just until translucent, about 5 minutes. Add the spinach, stir well, and cook for 2-3 minutes to warm the spinach through. Sprinkle with salt and pepper, stir, and transfer the spinach mixture to a bowl.
 3. Wipe out the skillet, add a light coating of olive oil (just a drizzle to ensure your tortillas don't stick - you can omit this if you are confident in your skillet!) and lay a tortilla into the pan.
 4. Spread 2 tablespoons of marinara sauce over the tortilla, then sprinkle with 1/4 cup of mozzarella cheese and a quarter of the spinach mixture. Sprinkle with 2 tablespoons of crumbled feta cheese and top with another tortilla, pressing down lightly.
 5. Cook the quesadilla until golden brown and crisp underneath, about 3-5 minutes. Carefully flip to the second side and continue to cook until the mozzarella cheese is melted and the second side of the quesadilla is crisp. Remove the quesadilla to a rack and repeat the process with the remaining ingredients to make four quesadillas.

6. Serve immediately, with additional marinara for dipping if desired.

If you would like to revisit this recipe on our website, please follow the link below.

<https://thefamilydinnerproject.org/dinner-tonight/april-20-2020/>

Birthday News for April



Chester Community Preschool

CCP1- Jackson S. 4/30 and Asher U.

CCP2- None this month.

Pine Street Preschool

Daisy- None this month.

Willow- Joshua A. 4/18, Gideon L. 4/20
and Remi R. 4/11

Northwood's Preschool

None this month.

The Children's Place

None this month.

Staff

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

Daisy Teacher-Lauren W. 4/5

Family/Community/Mental Health Service
Barb Vandenburg

Spring is here (maybe?). Recruitment for Head Start happens every month, but in the Spring we are able to get out more and participate in community activities, as well as hanging posters throughout our county. Head Start families can help us! If you are in a public place that you think a poster should go, let us know and we will get one there, or we can give you one to put up for us. Also, feel free to encourage your friends, family or neighbors to enroll their children. For easy access, share our QR code ➡

WEEK OF THE YOUNG CHILD

Come check out an awesome community event on Saturday, April 8th at Riverside Middle School. This is the 29th annual, FREE event, from 9:00 am-NOON. There will be lots of activities, like Troy Wunderle, Touch-a Truck, BOGO book fair, and more. Stop in and say hi to our Head Start staff and plant some flower/vegetable seeds to take home!



Congratulations to our Chester dad, **Aaron DeCell**, for his participation, and earning a certification in CPR/First Aid, provided by the American Heart Association on February 17, 2023. Way to go, Aaron!

We provide:

- A Safe, loving environment
- FREE breakfast, lunch and snack
- Family opportunities such as Parent Groups, Policy Council, and Fun Parent/Family Events!!
- Resources and Referrals for various family interests
- 16-30 hours of preschool at NO COST to families that are income eligible
- Hearing and Vision Screenings
- Universal Pre-K Program
- 5 STARS Program
- Child Care available at select centers



SEVCA Head Start



- Head Start serves all children including those with disabilities and non-English speaking families.
- Transportation is not available, however we will assist with car-pooling information.

NOW ENROLLING For Preschool/Pre-K
Children Ages 3-5 (Children must be 3 by September 1st)

Contact Numbers and Locations:

- Pine Street Preschool (Springfield): 802.460.1285
- Chester Community Preschool (Chester): 802.460.0297
- Children's Place (Windsor): 802.674.8008
- Northwoods (White River Junction): 802.295.1952

Main Office:
 97 Park Street, Springfield, VT, 05156
 802.460.1552



SCAN ME

FREE COATS
 Operation Warm donated several **NEW** children's coats to our program. We have various sizes and colors. If you would like a coat for any child in your home, please let your Family Partner or your child's Teacher know!

I Brushed My Teeth!

Name: _____

Month: _____



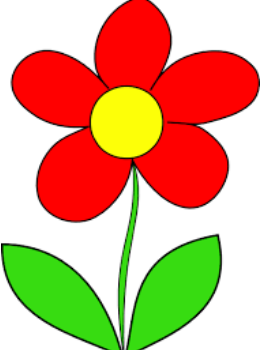
802
smiles
Network

Help your kids form a regular routine of brushing their teeth twice a day. Together you can track their progress as they work towards a lifetime of healthy teeth and gums.

	Week 1		Week 2		Week 3		Week 4	
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

This worksheet was created by the Vermont Department of Health's 802 Smiles Network which aims to expand dental services in schools and improve oral health for all Vermont kids.

To learn more about 802 Smiles Network and download a new brushing calendar, visit: HealthVermont.gov/802Smiles

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Breakfast Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk Lunch "Say Cheese" Grilled Ham & Cheese on Whole Wheat Tropical Bean Salad Pineapple 1% unflavored milk Snack Bananas in a Sleeping Bag (banana wrapped in whole wheat tortilla)</p>	<p>4 Breakfast Whole Wheat Bagel Honey Dew 1% unflavored milk Lunch Vegetable Chili Boat Cheddar Cheese Chunks Whole Wheat Roll Grapes 1% unflavored milk Snack Strawberries 1% unflavored milk</p>	<p>5 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 Apples Yogurt</p>	<p>6 Breakfast Cold Cereal Peaches 1% unflavored milk Lunch Beef Taco Pie All Mixed-Up Fruit Medley 1% unflavored milk Snack Yogurt Dip with Cucumber Sticks 1% unflavored milk</p>	<p>7 Breakfast Humpty Dumpty Eggs (Scrambled eggs with veggies) Bananas 1% unflavored milk Lunch Meatball Subs/Whole Wheat Roll Shredded Cheese Garden Party (Tossed Salad) Pears 1% unflavored milk EARLY RELEASE</p>
<p>10 Vacation</p>	<p>11 Vacation</p>	<p>12 Vacation</p>	<p>13 Vacation</p>	<p>14 Vacation</p>
<p>17 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</p>	<p>18 Breakfast Banana Split Yogurt Parfait (cereal, banana, 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>19 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</p>	<p>20 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</p>	<p>21 Breakfast Whole Wheat Bagel with Cream Cheese Cantaloupe 1% unflavored milk Lunch Homemade Chicken Nuggets Whole Wheat Roll Garden Party (tossed salad) Fruit Salad 1% unflavored milk Snack Whole Wheat Cinnamon Nachos Fruit Salsa 1% unflavored milk</p>
<p>24 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</p>	<p>25 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</p>	<p>26 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</p>	<p>27 Breakfast Crunchy French Toast (whole wheat bread) Applesauce 1% unflavored milk Lunch Tuscan Grilled Cheese Baked Beans Mixed Vegetables Pears 1% unflavored milk Snack Cantaloupe 1% unflavored milk</p>	<p>28 CLOSED</p>
			<p>This institution is an equal opportunity provider.</p>	

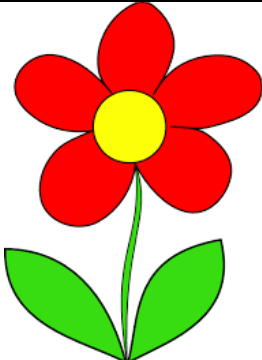
Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 Breakfast WGR Cold Cereal Cheddar Cheese Chunks Applesauce 1% unflavored milk Lunch Chicken Salad Sandwich on WGR Bread Spinach/Tomato Wonderful Watermelon 1% unflavored milk Snack Melon/Whl Wht Crackers</p>	<p>4 Breakfast WGR Toast Mangos 1% unflavored milk Lunch Egg Salad Sandwich on WGR bread Snap Peas Grape Halves 1% unflavored milk Snack Peanut Butter & Apple Wraps 1% unflavored milk</p>	<p>5 Breakfast Yogurt Blueberries 1% unflavored milk Lunch Mac-n-Cheese Ham chunks Garden Party (tossed salad) Peaches 1% unflavored milk Snack WGR Goldfish Pepper Slices</p>	<p>6 Breakfast WGR toast Mixed Fruit 1% unflavored milk Lunch Turkey Rolls WGR Bread Cauliflower Cottage Cheese Perfect Pineapple 1% unflavored milk Snack Cottage Cheese, Celery Sticks</p>	<p>7 Breakfast WGR English Muffins Pears 1% unflavored milk Lunch Tuna Salad on WGR Crackers Cheddar Cheese Cubes Carrots Strawberries 1% unflavored milk EARLY RELEASE</p>
<p>10 VACATION</p>	<p>11 VACATION</p>	<p>12 VACATION</p>	<p>13 VACATION</p>	<p>14 VACATION</p>
<p>17 Breakfast WGR Cold Cereal Peaches 1% unflavored milk Lunch "Say Cheese" Grilled Ham & Cheese on WGR bread Cauliflower Pineapple 1% unflavored milk Snack Bananas in a Sleeping Bag (banana wrapped in WGR tortilla) WINDSOR VACATION -</p>	<p>18 Breakfast WGR Bagel Honey Dew 1% unflavored milk Lunch "Lunchables" (cheese, deli meat, WGR crackers) Carrot Sticks Grape Halves 1% unflavored milk Snack Strawberries 1% unflavored milk CLOSED THIS WEEK</p>	<p>19 Breakfast WGR Toast Burst of Blueberries 1% unflavored milk Lunch Cheese Quesadilla (cheddar cheese, black beans, corn, WGR tortilla) Corn Mandarin Oranges 1% unflavored milk Snack Apple Yogurt Layered Cups (diced apple, yogurt & graham cracker topping) 1% unflavored milk</p>	<p>20 Breakfast Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk Lunch Make Your Own Veggiewiches (cucumber slices with ham and cheese in between) with Ranch WGR Bread and Butter All Mixed-Up Fruit Medley 1% unflavored milk Snack Pepper Slices 1% unflavored milk</p>	<p>21 Breakfast Hard Boiled Eggs Bananas 1% unflavored milk Lunch Beef Burrito (WGR tortilla) Chopped Lettuce and Tomato Pears 1% unflavored milk Snack Fruit Medley Whole Wheat Crackers</p>
<p>24 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</p>	<p>25 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</p>	<p>26 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</p>	<p>27 Breakfast Whole Wheat English Muffin Mandarin Oranges 1% unflavored milk Lunch Make your Own Chef Salad (Chopped Veggies, Cheese, Ham and Turkey) Whole Wheat Bread and Butter Pears 1% unflavored milk Snack Whole Wheat Crackers Broccoli Trees</p>	<p>28 CLOSED</p>
		<p>This institution is an equal opportunity provider.</p>	<p>Menu Subject to Change WGR~ Whole Grain Rich</p>	

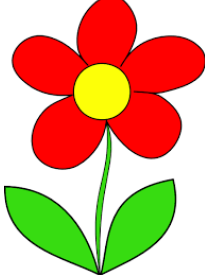
Monday

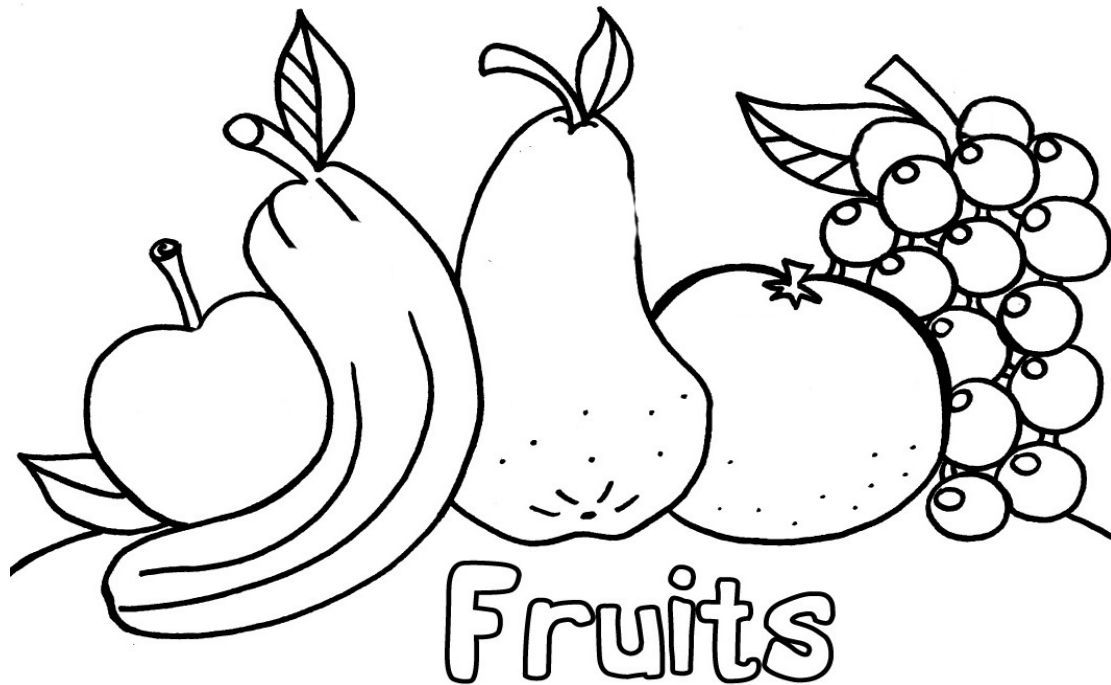
Tuesday

Wednesday

Thursday

Friday

<p>3 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 Melon/Whl Wht Crackers</p>	<p>4 Breakfast Mango Smoothie Bowl 1% unflavored milk Lunch Macaroni & Cheese Ham Chunks Green Beans Grape Halves 1% unflavored milk Snack Peanut Butter & Apple Wraps 1% unflavored milk</p>	<p>5 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</p>	<p>6 Breakfast Oatmeal Mixed Fruit 1% unflavored milk Lunch Turkey Rolls Whole Wheat Bread Cauliflower Cottage Cheese Perfect Pineapple 1% unflavored milk Snack Grape Halves, Celery Sticks</p>	<p>7 Breakfast Whole Wheat English Muffins Pears 1% unflavored milk Lunch Tuna Salad on Whole Wheat Crackers Cheddar Cheese Cubes Honey Cinnamon Carrots Strawberries 1% unflavored milk EARLY RELEASE</p>
<p>10 Breakfast Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk Lunch "Say Cheese" Grilled Ham & Cheese on Whole Wheat Cauliflower Pineapple 1% unflavored milk Snack Bananas in a Sleeping Bag (banana wrapped in whole wheat tortilla) WRJ- CLOSED THIS WEEK</p>	<p>11 Breakfast Whole Wheat Bagel Honey Dew 1% unflavored milk Lunch "Lunchables" (cheese, deli meat, whole wheat crackers) Carrot Sticks Grape Halves 1% unflavored milk Snack Strawberries 1% unflavored milk VACATION</p>	<p>12 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</p>	<p>13 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</p>	<p>14 Breakfast Humpty Dumpty Eggs (Scrambled eggs with veggies) Bananas 1% unflavored milk Lunch Meatball Subs/Whole Wheat Roll Shredded Cheese Garden Party (Tossed Salad) Pears 1% unflavored milk Snack Fruit Medley Whole Wheat Crackers</p>
<p>17 Breakfast Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk Lunch "Say Cheese" Grilled Ham & Cheese on Whole Wheat Cauliflower Pineapple 1% unflavored milk Snack Bananas in a Sleeping Bag (banana wrapped in whole wheat tortilla) WINDSOR VACATION -</p>	<p>18 Breakfast Whole Wheat Bagel Honey Dew 1% unflavored milk Lunch "Lunchables" (cheese, deli meat, whole wheat crackers) Carrot Sticks Grape Halves 1% unflavored milk Snack Strawberries 1% unflavored milk CLOSED THIS WEEK</p>	<p>19 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</p>	<p>20 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 Cucumber Sticks 1% unflavored milk</p>	<p>21 Breakfast Humpty Dumpty Eggs (Scrambled eggs with veggies) Bananas 1% unflavored milk Lunch Meatball Subs/Whole Wheat Roll Shredded Cheese Garden Party (Tossed Salad) Pears 1% unflavored milk Snack Fruit Medley Whole Wheat Crackers</p>
<p>24 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</p>	<p>25 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</p>	<p>26 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</p>	<p>27 Breakfast Whole Wheat English Muffin Mandarin Oranges 1% unflavored milk Lunch Make your Own Chef Salad (Chopped Veggies, Cheese, Ham and Turkey) Whole Wheat Bread and Butter Pears 1% unflavored milk Snack Whole Wheat Crackers Broccoli Trees</p>	<p>28 CLOSED</p>
		<p>This institution is an equal opportunity provider.</p>	<p>Menu Subject to Change</p>	



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

Smoothie Recipe

Ingredients

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

Directions

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

WIC APPROVED ACTIVITY

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

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