

# SEVCA Head Start Newsletter

Monthly Newsletter for September/October 2022



## From the Desk of the Director . . .

Welcome to the 2022-2023 Program year! We are very happy to announce that parents and volunteers are now allowed to enter our buildings! This has been a long two years without having parents and volunteers as part of our program and we have missed you!!

We will be following the guidelines provided by the state of Vermont that shows the COVID risk for each county, so when it is in the orange zone for Windsor county, we will be closing our centers again and only allowing children and staff to enter. Our goal is to keep the children and staff as safe as possible, so we appreciate you understanding our COVID policy.

We have decided to have the Parent Orientation as a virtual session this year, so please ask your Family Partner for the link, as everything has been recorded. We look forward to meeting all of you at some point throughout the year. Please feel free to contact us if you have any questions.

All centers will be scheduling Parent Meetings, during the month of September. Each **Parent Group** will elect two parents from each center to be members of the **Policy Council**. The Policy Council is a group of parents and community members that help plan, approve and provide guidance for our Head Start program. The meetings are held the third Wednesday of each month from 9:30-11:00, via Zoom. If you are interested in being part of the Policy Council, please let your Parent Group know so you can be elected to Policy Council! Our first meeting will be on Wednesday, September 28, 2022.

We are opening this year, fully staffed at Chester Community Preschool and the Children's Place Preschool. We are still looking to hire for the following positions: Teacher Associate for Pine Street Preschool/Willow Room, Teacher Associate for Northwood's Head Start, Teacher Assistant for Northwood's, Food Service Providers for both Children's Place Preschool and Northwood's Head Start and a Family Partner for Children's Place Preschool/Northwood's Head Start. Jen Tucker has decided her heart is in the classroom, so she returned as the lead teacher for Northwood's Head Start. Northwood's will only be open on Wednesday and Thursday's until we hire more staff. Beth Lutz has agreed to help fill in with Jen for the two days a week, so we are very grateful for both of them! If you know of anyone looking for a job, please send them our way! Here's to a great new program year!!

Enjoy the lovely fall!  
Lori Canfield  
Head Start Director



# Please Allow Us To Introduce Ourselves

## The Head Start Management Team/Office:



### Lori Canfield, Head Start Director

I have been involved with Head Start for 33 years. I have a Bachelor's degree in Early Childhood Education. I have a great passion for the program and feel that we are able to make a difference in the lives of the children and parents we work with. Some of my favorite things include: reading, baking, spending time with my 4 grandchildren, Lilly, Hunter, Julian and Moxley, traveling and camping with my husband and family.



### Barbara Vandenburg, Family/Community/Mental Health Services Manager

Hi! I am Barb Vandenburg. I have been with SEVCA Head Start for many years. I am the Family/Community /Mental Health Manager for the program. I have a Master's Degree in Rehabilitation Counseling, and a BA in psychology. I am married with two adult children, and a 2 ½ year-old granddaughter. I enjoy gardening, camping and spending time with my granddaughter. I also teach people how to paint at paint and sip workshops. I am so happy to have families back in our buildings this program year! Welcome!!



### Jodi Farashahi, Education & Disabilities Manager

I am a married mother of a 23-year-old daughter, a 15-year-old son, and a 10-year-old daughter. We live in Marlborough, New Hampshire. I received my bachelor's degree in Psychology, with a focus in Child Development. I also have my early childhood educator license in the state of Vermont. Before taking this position in November of 2006, I was a Head Start teacher for four years. In my "spare time" I also coach cheerleading for the all-star gym in my town ~ GO HEAD START!!



**Heather Frye, Health and Nutrition Services Manager**

My name is Heather Frye; I am the Health and Nutrition Services Manager at SEVCA Windsor County Head Start. This is my 16<sup>th</sup> year with the program. I graduated from Castleton State College with a Bachelor's Degree in Elementary Education with a Concentration in Early Childhood Education. I live in Cavendish, VT with my husband of 28 years. I have 2 sons, one who lives at home and my oldest son and his family just bought a home in Weare, NH. I am the Grammie to my 7-year-old granddaughter, Paisley and my 3-year-old grandson, Jaxon. We have a 5-year-old yellow lab named Wesson. I enjoy spending time with my family and friends, watching my grandchildren grow and learn, crafting, craft fairs, watching NASCAR, travelling, taking cruises and camping, as well as riding the trails in our side-by-side.



**Rosalie Worden, Administrative Assistant**

Hello, my name is Rose Worden and I am starting my seventh year at Head Start! My joy comes from spending time with my family and friends. You may see me cheering on my great-nephew at one of his high school soccer games - Go Wildcats! If you venture to Maine, you may see me strolling the beach with my husband of 16 years. Other favorites include 80's music, reading mysteries and watching football: Go Pack!



**Fran Lynggaard Hansen, Practice-based Coach/Child Development Support Specialist**

Please may I extend a very warm welcome to both our new families and their children and our returning families and their children. We're so glad that you are here!

There are so many people who work behind the scenes with your youngsters at our Centers besides their classroom teachers, whom you'll see every day. I have two jobs at Head Start. I help teachers reach their goals as a coach. Our program encourages teachers to always be learning, growing and trying new and exciting teaching methods.

The other half of my day I have the privilege of working with your children at all our centers. I help kids and their families (along with the classroom teacher and others) with social, emotional and behavioral issues when they arise. I want to help your child have a calm, wonderful day filled with friends, learning, excitement and adventure. Everybody, no matter their age, has bumps in the road. I'm here to help smooth those bumps out. Adjusting ourselves to new situations is a part of our natural growth and maturity.

I have two children and two grandchildren, and have been a teacher for a long time. I've taught in the USA, but in the past ten years I've been a teaching principal, a preschool teacher, science teacher and classroom teacher with all age groups in China, Egypt, Kuwait, Sudan and finally Armenia. Covid-19 and a war in Armenia brought me home in February of 2021, and by May I was working at Head Start. How lucky is that?

Occasionally I'm invited into a classroom to tell stories about how baby giraffes learn to drink water, or sing a song in Danish, or speak with children about what it's like to ride a camel. I love kids and truly enjoy their good company and my job here at Head Start.

Of course, I enjoy speaking with adults too, so grab me at pick up or drop off and say hello! I'd love to meet you!



**Marilyn Gabriel, PhD- Mental Health Consultant**

Marilyn Gabriel, PHD, LICSW is our mental health consultant. She visits all the classrooms in the fall and is available to consult with teachers and staff regarding the needs of students. She sometimes attends staff meetings and has presented training to staff and parents over the years. If staff or parents have special concerns regarding the child's mental health and development, she is available to support referrals, treatment planning, and evaluation.



**Lara Peck, Registered Dietitian**

Lara has been employed as a dietitian and diabetes educator for the past 20 years. She has been working in the area of nutritional counseling for individuals and group programs for a good part of that time. Most recently Lara has been trained as a wellness/health coach. Lara really enjoys helping individuals make lifestyle changes to improve their overall health. Her practice areas of interest span the life cycle and include diabetes education, chronic disease management and wellness coaching.



**George Caron, Safety/Maintenance Coordinator**

Hello, my name is George Caron and this will be my 3<sup>rd</sup> year at SEVCA Windsor County Head Start. I'm at all four Head Start Centers taking care of the buildings with an eye for safety. When you see me, I hope you'll say hello!

## **Chester Community Preschool CCP# 1**



**Jodie Peebles, CCP#1 Lead Teacher/Center Manager**

My name is Jodie Peebles and this is my twelfth-year teaching at the Chester Community Preschool. I live in Chester with my children and my dog Rosie. I have my Bachelor's Degree in Early Childhood Education from Granite State College. I recently submitted my Peer Review Portfolio for my Vt. Teaching License in Early Education. When I am not working I enjoy walking, hiking, reading, baking, watching my son's sporting events and spending time with my family. My favorite summer activity is spending as much time as possible at the beach!

I am excited to have the opportunity to get to know the new children and families that are joining our program. I am looking forward to seeing the returning children to see how much they have grown over the summer! I love being a part of this amazing preschool and enjoy every day that I spend with the children and their families



**Karie Stevens, CCP#1 Teacher Associate**

My name is Karie Stevens. I live in Springfield Vermont with my husband, 2 children and dog Duke. We live on a farm with horses. I have been working with SEVCA for 2 years and have been on various Boards throughout SEVCA over the last 6 years! I enjoy reading, being outside, and spending time with my family.



**Briana Starinkok, CCP#1 Teacher Assistant**

Hello families! I am Miss Bri and this is my first year at Chester Community Preschool. I graduated from Green Mountain Union High School in 2021. I enjoy spontaneous adventures, hiking, and spending time with my family. I grew up in Chester, Vermont. I am looking forward to an amazing school year with you and your child(ren)!

## CCP#2



**Randi Spittle, CCP#2 Lead Teacher**

Hello, my name is Randi Spittle. This is my fourth year working at CCP and my second-year lead teaching. I am so excited to get to know all of the kids and families this year and welcome them into the building! My husband Ryan and I have three boys who are 7, 10, and 13 years old. I enjoy spending time outside, camping, and doing DIY projects. Over the past 10 years I have had experience teaching in a preschool as well as being a para in a Kindergarten classroom and working with intensive needs children.



**Cathy Riendeau, CCP#2 Teacher Associate**

My name is Cathy and I have been with Head Start off and on for a few years now. My daughter went to Chester Community Preschool when she was younger and I quickly fell in love with the family atmosphere we have here. I have one daughter who is my whole world and 3 very spoiled dogs. I am also a cheerleading coach and love kids! I look forward to a great year with you all!!



**Kayley Boissonnault, CCP#2 Teacher Assistant**

My name is Kayley Boissonnault and I am a Teacher Assistant in CCP2. This is my second year with Head Start and I love working with kids! I am 19 years old and I graduated from GMUHS in 2021. I have lived in Chester my whole life. I am very excited to work with you and your children this year!



**Katie Murphy, CCP Family Partner**

Hello my name is Katie Murphy. I am the Family Partner at the Chester Community Preschool. I live in Chester with my husband and our 3 children, Liam, Maya, and Silas. We have 2 dogs, Buddy and Luna, and cat named Bougie. When I am not working I enjoy reading, spending time with family, swimming, and traveling.

This is my eighth Program Year with Head Start in the Family Partner role and I could not imagine doing anything else! I represent Chester as a member of the Green Mountain Unified School District Board of Directors. I find this is a great way to be involved in my community and the education of all of our children. I also participate in the Building Bright Futures Springfield Area Regional Council meetings. Each year I try to find more ways to engage within the community and get our program known. If you have any additional ideas on community engagement please let me know!

I am looking forward to getting to know all of you, not only as parents, but as individuals. You will find details regarding Family Engagement activities and other events posted on our CCP Family-Partner Facebook page.

My contact information is as follows should you have any questions or need to chat at any time this year.

Phone: (802) 460.0297

E-Mail: [kmurphy@sevca.org](mailto:kmurphy@sevca.org)

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

Website: [www.sevcaheadstart.org](http://www.sevcaheadstart.org)

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



**Vanessa Heybyrne, CCP Food Service Provider**

HI! I am Vanessa Heybyrne and this is my 5<sup>th</sup> year cooking at Chester Community Preschool. I am originally from Long Island NY but have lived in Vermont for the past 15 years. I live in Chester with my husband and four kids (16, 13, 11, and 8) who all attended Chester Community Preschool! We also have a bunny and 6 chickens. In my free time I like to bake, read, and thrift shop! I'm looking forward to cooking for all the kiddo's again this year!

# Pine Street Preschool

## Daisy Room



### Lauren Wallace, Daisy Room Lead Teacher/Site Director

Hi Families, my name is Lauren Wallace. I am the Lead Teacher in the Daisy Classroom at Pine Street Preschool. This will be my 7<sup>th</sup> year with Head Start and my 10<sup>th</sup> year in early education. I have my Bachelor's degree in Psychology/Sociology from Keene State College. In my free time I enjoy reading and playing with my dog Stella. I look forward to having a great year and meeting all my new and returning kids.



### Nicholle Veysey, Daisy Room Teacher Associate

Hello! My name is Nicholle Veysey. This is my 5<sup>th</sup> year teaching at Pine Street Preschool and this year I am the Teacher Associate in the Daisy Room. I am so happy to be able to see everyone's face again and to welcome families back into the classroom. I have an 8-year-old daughter Cassadee that is my world. I have been with my partner Mat for 6 years and he has 3 additional children Leia, Jordan, and Aaron. We have a dog named Jax. As a family we love to go to amusement parks, go camping, swimming, to the beach, and we really enjoy making spontaneous day trips to various destinations. In my free time I truly love to play bingo and go to concerts! I look forward to getting to know the returning and new families this year!



### Sadie O'Brien, Daisy Room Teacher Assistant

I'm excited to see everyone! I am ready to learn as I have been working on obtaining my Associate Degree in Early Childhood Development. Going to the beach, camping, listening to music and sitting in the sun are some of my favorite things to do! This is my third year with SEVCA Windsor County Head Start.

## Willow Room



### Ruby Tumanda, Willow Room Lead Teacher

Hi everyone! I'm Ms. Ruby and I will be your child's preschool teacher in the Willow Room. This is my 2<sup>nd</sup> year as a preschool teacher at Head Start. I enjoy doing a lot of things like singing, dancing, camping, and traveling. I graduated with a Bachelor's Degree in Elementary Education. During my free time, I enjoy listening to music, playing with my cats, watching movies and creating some videos. I am so excited to meet you all and to have a fabulous year full of fun and learning!



**Felicia Rowe, Willow Room Teacher Assistant**

I have been here at Head Start for seven plus years and am working on getting my Associate's Degree. I have a husband and five children. Some of my favorites include: camping, family time, "Tiny House", riding four wheelers, the ocean, doing things outside, playing games, movie time and cooking.



**Lindsay DeCell, Family Partner**

Hello, my name is Lindsay DeCell. I am the Family Partner at Pine Street Preschool. I live in Chester with my family, Hannah 16, Matt 14, Dylan 13, Khloe 12, my partner Will and our three dogs, Maya, Trigger, and Jethro as well as two cats, Ms. Kitty and Cayenne and a Chickadee in a pear tree. 😊 I enjoy reading a good book, spending time with my family, playing board games and gardening.

This is my 8<sup>th</sup> program year working for SEVCA Head Start but I have been with SEVCA since 2011 in a few different areas. My children all attended the Head Start program at the Chester Community Preschool. This is where I fell in love with Head Start. I received my Associate's Degree in Human Services from Community College of Vermont.

I look forward to getting to know all of the children and families joining us this year. We have our Pine Street Preschool Family Partner Facebook page. I will post on that page details about Family Engagement activities and other events in our community. We also have our SEVCA Head Start Facebook page and a new SEVCA Head Start website.

Here are the ways to contact me if you have any questions or need to chat this year.

Office Phone: 802.460.1285

Email: [Ldecell@sevca.org](mailto:Ldecell@sevca.org)

Facebook: Pinestreet Family-Partner (Send me a Friend Request)

Website for more details about our program: [www.sevcaheadstart.org](http://www.sevcaheadstart.org)

Lindsay DeCell, PSP Family Partner



**Larissa Jordan, PSP Food Service Provider**

I LOVE to cook! I can't wait to cook for you this year and meet you all! I am a Momma to 4 awesome kiddos! Some of my favorites are: All Things Food! Also smiles, cooking and baking, Autumn, laughter, sunshine and The Ocean!



## WRJ Head Start (Northwoods)



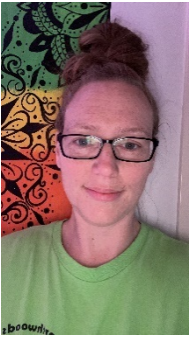
### Jen Tucker, WRJ Lead Teacher/Center Manager

HI! I am Jen Tucker, Lead Teacher at Northwoods Head Start. Darci has moved on to another adventure and I have decided that my true passion is in the classroom, so I will be headed back into the classroom. While I have loved being the Family Partner the last few years, the classroom is really my home. I have been with Head Start for 15 years this year.

I have my Bachelor's Degree in both Psychology and Early Education and also have my Teaching License. In my free time, I love to read, camp and hang out at the pool in the summer. I live in White River with my Partner and kids. My son lives with his girlfriend in Chester.

I am so looking forward to getting to know you and your children! The month of September we will be learning all about your children and your families. October will be exploring safety and community helpers.

Feel free to reach out to me for any concerns. We will also be voting for Policy Council and setting up our first parent engagement activity. Stay Tuned to the outside board for news!



### Beth Lutz, WRJ Teacher Assistant

I am always a mom with 5 children of my own. I get down on the floor to play along, but if joining in some great child directed play involves getting in a box or climbing a tree...I'm there! With less than a year in, I'm new to the Head Start way. I learn fast so I plan to go beyond Teacher Assistant. I'm not as young as most to this profession, but I'm confident that I have skills from age to make up for it. As we begin the 2022-23 year, I begin with a smile because I am teaching for the future. Still, I like to take it one

moment of learning alongside my youngest friends at a time!



### Jen Tucker, WRJ and Windsor Family Partner

Things seem to be getting back to a "new" normal, as this year is starting off and children are settling in. Family Profiles have been sent back and I will be gathering resources and referrals for you based on your needs and interests. If there was something that you need that was not listed on the Family Profile, please feel free to reach out to me. As I am typing this I can hear the rain falling outside and know that we need this rain. I have seen that some of the leaves have changed already. Makes me think about Apples and Pumpkins. We will be having our first family meeting this month and will elect 2 people from each center to serve on our Policy council. I will be looking for ideas from families on what you would like to see in the coming months for parent meeting topics. Please let me know if you need anything and I will also be checking in with all of you every month as well as greeting you when I am at the centers.

## Windsor Head Start (Children's Place)



### Susan Brown, Windsor Lead Teacher/Center Manager

I am happy that I will be working with you and your child. I am married and live in Chester, VT. I have 3 adult children, my husband has 2 adult children, and I have 3 grandchildren! I have a beautiful black lab dog named Wren and 3 cats! I have been teaching for some time and still find this profession the BEST. I have BA degree in Liberal Arts with a concentration of child development and childhood trauma. I have been involved with several organizations such as National Alliance on Mental Illness, Autism Awareness and Children with Attention Deficit Disorder. I am a lifelong learner. I love to learn about animals, child development, flowers; anything really. I also have a nutritional background and love to cook. My favorites include: cooking, working in the garden, planting food and flowers, crafts, painting, quilting and walking in the woods. My favorite places to be is at the beach, in the woods and in the garden. My passion is teaching and working with families. I welcome you to our classroom where your child can explore and grow. Welcome to the 2022-2023 school year. I am glad to be working with you. On the right is a picture of "things to come"!



### Denise Kingsbury, Windsor Teacher Associate

Hello friends! This is my eighth year with our Head Start program, but my first year at our Windsor school! I have my Associate's Degree in Early Childhood Education and my Bachelor's Degree in Early Childhood Education Leadership. This summer I have been busy wedding planning, gardening and keeping up with my two mischievous cats, Daisy and Willow. I am looking forward to the new year and meeting everyone!



### Meagan Hannigan, Windsor Teacher Assistant

Hello all and welcome to the 2022-2023 school year! My name is Meagan and I have been working for Head Start for six months. I am currently working on my Bachelor's Degree in Early Childhood Education. I live in Springfield, VT and my daughter is attending Head Start's Pine Street Preschool. In my free time I like to take my daughter swimming, to the park and to fairs. I also enjoy spending time with family and our cat "Trouble". I am looking forward to working with you and your children here at Head Start.

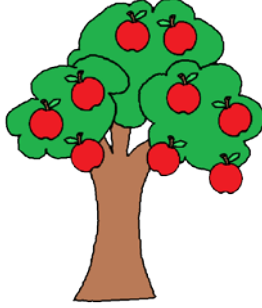
Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 <b>Breakfast</b> Cold Cereal Cheddar Cheese Chunks Applesauce 1% unflavored milk <b>Lunch</b> Chicken Salad Sandwich on Whole Wheat Bread Spinach/Tomato Wonderful Watermelon 1% unflavored milk <b>Snack</b> Kale Chips Whole Wheat Crackers</p>	<p>4 <b>Breakfast</b> Mango Smoothie Bowl 1% unflavored milk <b>Lunch</b> Pizza with Ground Turkey Pizza Green Beans Grape Halves 1% unflavored milk <b>Snack</b> Peanut Butter &amp; Apple Wraps 1% unflavored milk</p>	<p>5 <b>Breakfast</b> Scrambled Eggs Blueberries 1% unflavored milk <b>Lunch</b> Sloppy Joes on Whole Wheat Roll Garden Party (tossed salad) Peaches 1% unflavored milk <b>Snack</b> Whole Wheat Goldfish Pepper Slices</p>	<p>6                     <b>CLOSED</b></p>	<p>7                     <b>CLOSED</b></p>
<p>10                     <b>CLOSED</b></p>	<p>11 <b>Breakfast</b> Whole Wheat Bagel Honey Dew 1% unflavored milk <b>Lunch</b> Vegetable Chili Boat Cheddar Cheese Chunks Whole Wheat Roll Grapes 1% unflavored milk <b>Snack</b> Strawberries 1% unflavored milk</p>	<p>12 <b>Breakfast</b> Whole Wheat Toast Burst of Blueberries 1% unflavored milk <b>Lunch</b> Cheese Quesadilla (cheddar cheese, black beans, corn, whole wheat tortilla) Corn Mandarin Oranges 1% unflavored milk <b>Snack</b> Apple Yogurt Layered Cups (diced apple, yogurt &amp; graham cracker topping) 1% unflavored milk</p>	<p>13 <b>Breakfast</b> Cold Cereal Peaches 1% unflavored milk <b>Lunch</b> Beef Taco Pie All Mixed-Up Fruit Medley 1% unflavored milk <b>Snack</b> Yogurt Dip with Cucumber Sticks 1% unflavored milk</p>	<p>14 <b>Breakfast</b> Humpty Dumpty Eggs (Scrambled eggs with veggies) Bananas 1% unflavored milk <b>Lunch</b> Meatball Subs/Whole Wheat Roll Shredded Cheese Garden Party (Tossed Salad) Pears 1% unflavored milk <b>Snack</b> Fruit Medley Whole Wheat Crackers</p>
<p>17 <b>Breakfast</b> Cold Cereal Cottage Cheese Peaches 1% unflavored milk <b>Lunch</b> Ham &amp; Cheese on Whole Wheat Bread Romaine Lettuce/Tomato Wonderful Watermelon 1% unflavored milk <b>Snack</b> Middle of the Road Rascals (celery, whole wheat animal crackers, peanut butter) 1% unflavored milk</p>	<p>18 <b>Breakfast</b> Banana Split Yogurt Parfait (cereal, banana, yogurt) 1% unflavored milk <b>Lunch</b> Greek Chicken Whole Wheat Pita Greek Chopped Salad Honey Dew 1% unflavored milk <b>Snack</b> Apple "cookies" (apple slices topped with peanut butter &amp; diced strawberries) 1% unflavored milk</p>	<p>19 <b>Breakfast</b> Whole Wheat English Muffin Mandarin Oranges 1% unflavored milk <b>Lunch</b> Turkey Meat Loaf Whole Wheat Roll Mexican Corn Salad Pineapples 1% unflavored milk <b>Snack</b> Whole Wheat Crackers Cheddar Cheese Chunks</p>	<p>20 <b>Breakfast</b> Whole Wheat Pumpkin Squares Applesauce 1% unflavored milk <b>Lunch</b> Pasta Salad (Chopped Veggies &amp; whole wheat pasta) Cheddar Cheese Turkey Rolls Pears 1% unflavored milk <b>Snack</b> Make your Own Funny Face Rice Cakes (fresh fruit, or veggies on a rice cake) 1% unflavored milk</p>	<p>21 <b>Breakfast</b> Whole Wheat Bagel with Cream Cheese Cantaloupe 1% unflavored milk <b>Lunch</b> Homemade Chicken Nuggets Whole Wheat Roll Garden Party (tossed salad) Fruit Salad 1% unflavored milk <b>Snack</b> Whole Wheat Cinnamon Nachos Fruit Salsa 1% unflavored milk</p>
<p>24 <b>Breakfast</b> Cold Cereal Blueberries 1% unflavored milk <b>Lunch</b> Tuna on Whole Wheat Spinach/Tomato Mandarin Oranges 1% unflavored milk <b>Snack</b> Carrot Sticks 1% unflavored milk</p>	<p>25 <b>Breakfast</b> Spiced Oatmeal Mighty Mangos 1% unflavored milk <b>Lunch</b> Pizza Burger on Whole Wheat Bread Go for It Green Beans Peaches 1% unflavored milk <b>Snack</b> Banana Hard Boiled Egg</p>	<p>26 <b>Breakfast</b> Whole Wheat Bagel with peanut butter Strawberries 1% unflavored milk <b>Lunch</b> Whole Wheat Spaghetti and Meat Sauce Broccoli Perfect Pineapple 1% unflavored milk <b>Snack</b> Cottage Cheese Celery Sticks</p>	<p>27 <b>Breakfast</b> Crunchy French Toast (whole wheat bread) Applesauce 1% unflavored milk <b>Lunch</b> Tuscan Grilled Cheese Baked Beans Mixed Vegetables Pears 1% unflavored milk <b>Snack</b> Cantaloupe 1% unflavored milk</p>	<p>28 <b>Breakfast</b> Whole Wheat English Muffins with Peanut Butter Mixed Fruit Salad 1% unflavored milk <b>Lunch</b> Turkey and Beef Macaroni Cauliflower Watermelon 1% unflavored milk                     <b>EARLY RELEASE</b></p>
<p>31 <b>Breakfast</b> Cold Cereal Low Fat Yogurt Mandarin Oranges 1% unflavored milk <b>Lunch</b> Ham It Up Whole Wheat Pita Lettuce/Tomato Strawberries 1% unflavored milk <b>Snack</b> Cottage Cheese Apple Slices</p>		<p>This institution is an equal opportunity provider.</p>		<p>Menu subject to change</p>

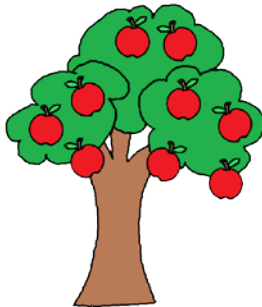
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<p>3 <b>Breakfast</b> Cold Cereal Cheddar Cheese Chunks Applesauce 1% unflavored milk <b>Lunch</b> Chicken Salad Sandwich on Whole Wheat Bread Spinach/Tomato Wonderful Watermelon 1% unflavored milk <b>Snack</b> Cantaloupe Whole Wheat Crackers</p>	<p>4 <b>Breakfast</b> Mango Smoothie Bowl 1% unflavored milk <b>Lunch</b> Macaroni &amp; Cheese Ham Chunks Green Beans Grape Halves 1% unflavored milk <b>Snack</b> Peanut Butter &amp; Apple Wraps 1% unflavored milk</p>	<p>5 <b>Breakfast</b> Scrambled Eggs Blueberries 1% unflavored milk <b>Lunch</b> Sloppy Joes on Whole Wheat Roll Garden Party (tossed salad) Peaches 1% unflavored milk <b>Snack</b> Whole Wheat Goldfish Pepper Slices</p>	<p>6           <b>CLOSED</b></p>	<p>7           <b>CLOSED</b></p>
<p>10           <b>CLOSED</b></p>	<p>11 <b>Breakfast</b> Whole Wheat Bagel Honey Dew 1% unflavored milk <b>Lunch</b> "Lunchables" (cheese, deli meat, whole wheat crackers) Carrot Sticks Grape Halves 1% unflavored milk <b>Snack</b> Strawberries 1% unflavored milk</p>	<p>12 <b>Breakfast</b> Whole Wheat Toast Burst of Blueberries 1% unflavored milk <b>Lunch</b> Cheese Quesadilla (cheddar cheese, black beans, corn, whole wheat tortilla) Corn Mandarin Oranges 1% unflavored milk <b>Snack</b> Apple Yogurt Layered Cups (diced apple, yogurt &amp; graham cracker topping) 1% unflavored milk</p>	<p>13 <b>Breakfast</b> Cold Cereal Peaches 1% unflavored milk <b>Lunch</b> Make Your Own Veggiewiches (cucumber slices with ham and cheese in between) with Ranch All Mixed-Up Fruit Medley 1% unflavored milk <b>Snack</b> Yogurt Dip with Cucumber Sticks 1% unflavored milk</p>	<p>14 <b>Breakfast</b> Humpty Dumpty Eggs (Scrambled eggs with veggies) Bananas 1% unflavored milk <b>Lunch</b> Meatball Subs/Whole Wheat Roll Shredded Cheese Garden Party (Tossed Salad) Pears 1% unflavored milk <b>Snack</b> Fruit Medley Whole Wheat Crackers</p>
<p>17 <b>Breakfast</b> Cold Cereal Cottage Cheese Peaches 1% unflavored milk <b>Lunch</b> Ham &amp; Cheese on Whole Wheat Bread Romaine Lettuce/Tomato Wonderful Watermelon 1% unflavored milk <b>Snack</b> Middle of the Road Rascals (celery, whole wheat animal crackers, peanut butter) 1% unflavored milk</p>	<p>18 <b>Breakfast</b> Banana Split Yogurt Parfait (cereal, banana, yogurt) 1% unflavored milk <b>Lunch</b> Chicken Salad on Whole Wheat Pita Greek Chopped Salad Honey Dew 1% unflavored milk <b>Snack</b> Apple "cookies" (apple slices topped with peanut butter &amp; diced strawberries) 1% unflavored milk</p>	<p>19 <b>Breakfast</b> Hard Boiled Eggs Applesauce 1% unflavored milk <b>Lunch</b> Turkey, Spinach &amp; Cheese on Whole Wheat Wrap Cucumber Sticks Pineapples 1% unflavored milk <b>Snack</b> Make your Own Funny Face Rice Cakes (fresh fruit, or veggies on a rice cake) 1% unflavored milk</p>	<p>20 <b>Breakfast</b> Whole Wheat English Muffin Mandarin Oranges 1% unflavored milk <b>Lunch</b> Make your Own Chef Salad (Chopped Veggies, Cheese, Deli Meat) Whole Wheat Bread and Butter Pears 1% unflavored milk <b>Snack</b> Whole Wheat Crackers Broccoli Trees</p>	<p>21 <b>Breakfast</b> Whole Wheat Bagel with Cream Cheese Cantaloupe 1% unflavored milk <b>Lunch</b> Meatball Sub and Mozzarella Cheese on a Whole Wheat Roll Garden Party (tossed salad) Green Beans 1% unflavored milk <b>Snack</b> Fruit Salad Snap Peas</p>
<p>24 <b>Breakfast</b> Cold Cereal Blueberries 1% unflavored milk <b>Lunch</b> Tuna on Whole Wheat Spinach/Tomato Mandarin Oranges 1% unflavored milk <b>Snack</b> Carrot Sticks 1% unflavored milk</p>	<p>25 <b>Breakfast</b> Spiced Oatmeal Mighty Mangos 1% unflavored milk <b>Lunch</b> "Lunchables" (whole wheat crackers, deli meat, cheese) Cucumbers Peaches 1% unflavored milk <b>Snack</b> Banana Hard Boiled Egg</p>	<p>26 <b>Breakfast</b> Whole Wheat Bagel with peanut butter Strawberries 1% unflavored milk <b>Lunch</b> Peanut Butter &amp; Jelly on Whole Wheat Bread Cheddar Cheese Chunks Broccoli Perfect Pineapple 1% unflavored milk <b>Snack</b> Cottage Cheese Celery Sticks</p>	<p>27 <b>Breakfast</b> Crunchy French Toast (whole wheat bread) Applesauce 1% unflavored milk <b>Lunch</b> Cheese Quesadilla on Whole Wheat Turkey Roll Ups Mixed Vegetables Pears 1% unflavored milk <b>Snack</b> Cantaloupe 1% unflavored milk</p>	<p>28 <b>Breakfast</b> Whole Wheat English Muffins with Peanut Butter Mixed Fruit Salad 1% unflavored milk <b>Lunch</b> Turkey a&amp; Cheese on Whole Wheat Cauliflower Clouds Watermelon 1% unflavored milk  <b>EARLY RELEASE</b></p>
<p>31 <b>Breakfast</b> Cold Cereal Low Fat Yogurt Mandarin Oranges 1% unflavored milk <b>Lunch</b> Ham It Up Whole Wheat Pita Lettuce/Tomato Strawberries 1% unflavored milk <b>Snack</b> Cottage Cheese Apple Slices</p>	<p>This institution is an equal opportunity provider.</p>			<p>Menu Subject to Change</p>