

# SEVCA Head Start Newsletter

Monthly Newsletter for December 2022



From the Desk of the  
Director...

Dear Parents & Staff,

Wow! How quickly the time is going this year! We are already 3 months into the program and so much has been happening!

We received a grant from Vermont Building Communities Grant to renovate the upper level floor at the Children's Place Preschool which provides a conference room that we use for Head Start trainings and meetings. This grant was for \$14,580 and we have matched that amount through the Spring Campaign Appeal for a total of \$29,160! We will also be seeking funding from the Coach Foundation to complete all of the renovation work that needs to be done for this level.

The annual Head Start grant application has been approved by the SEVCA Board and Policy Council and was submitted prior to their deadline of December 1<sup>st</sup>.

We are working diligently on finding eligible children to enroll in our program. We still have openings

at all of our centers, so if you know of any families that would like to be part of the Head Start program, please send them our way, so we can reach our full enrollment.

We are happy to report that we hired Michohn Parmenter as the Teacher Assistant for Northwood's Head Start, so we were able to open the classroom up for 5 days a week starting on November 7<sup>th</sup>. We also hired Sarah Schleimer as the Teacher Associate for the Willow Room at Pine Street Preschool. A big welcome to Michohn and Sarah for joining our Head Start team! We are now only looking for a cook for both the WRJ and Windsor centers and a Family Partner for the WRJ and Windsor centers. If you know of anyone interested in these positions, please send them our way!

With the increase in COVID 19 cases, flu and RSV, especially in children, this has caused many challenges at our Head Start centers. We are already short staffed, so when a staff needs to stay home with their own child because they have been exposed to a positive COVID case in public

school, this makes us have to alter the classroom schedule. We are working hard to meet everyone's needs, but ultimately, we fall short, so for that we apologize. These are unprecedented times, so we appreciate your patience and understanding as we work through these challenging times.

I hope everyone gets to spend time with family and friends during this holiday season and take time to enjoy the break!

Happy Holidays!  
Lori Canfield  
Head Start Director

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

Chester Community Preschool:

CCP1: Amelia G., Sofia G., Payton L., Lucas M., Wyatt R. and Harper W.  
CCP2: Nora O.

Pine Street Preschool:

Daisy Room: Osyris B. and Robin G.  
Willow Room: Gideon L., Ivy L., Remi R. and Adalyn T.

The Children's Place:

Bentley, A., Declan C., Liam C., Brinley C. and Ezekiel M.

Northwoods Preschool:

Zeven L. and Odin S-D



In-Kind Winners for the month of October:

Pine Street Preschool had the highest center donation of In-kind for October and the Willow Room had the highest classroom donation of In-Kind!

You Rock!!!

Important Dates to Remember:

December 2, 2022

P/T Conference #2 will be held. Centers are CLOSED.

December 14, 2022

Policy Council Meeting; 9:30AM

December 23, 2022

Early Release, Ed Meeting

December 26-30, 2022

Winter Break, all centers are CLOSED, Child Care is CLOSED, and Head Start Management offices are CLOSED.

**Classroom Updates...**

Chester Community Preschool

CCP1

Ms. Jodie, Ms. Karie and Ms. Briana

The weather is changing and we have been learning all about owls!

We have read a few books about owls and learned about the different traits that make them so special. A lot of owl projects have been created and displayed throughout our classroom!

We have been working really hard on being good friends and helping our friends. So much so, that we have filled our Jewel Jar TWO times!! There was a Pajama Day celebration as well as a Pizza Party celebration!



As we are learning about owls, we read a few books that told us some facts about them. We learned that they are nocturnal creatures, they are almost silent when they fly and their feather pattern is a camouflage that helps them stay hidden in the trees!



We had Miss Diaz come to do face painting as one of our Jewel Jar Celebrations.

Our Dramatic Play center has been transformed into a treehouse

and has a few different creatures that live in the trees.

Miss Carrie King (librarian) came to read some books about owls to our center as well. She also had some songs to play and dance to! We really enjoy having Miss Carrie come to read to us.



This month we have learned more about letters O, E, and T and added them to our Alphabet! We made our letters into an Owl (letter O), Egg (letter E), and a Tree (letter T). We were all able to make our own letters and take them home too!

### CCP2

*Ms. Randi, Ms. Cathy and Ms. Kayley*

This month we started our second step curriculum and learned a lot of safety rules, such as the importance of wearing your seatbelt, watching for cars in parking lots, crossing the street, learning their last names in case they ever get lost in a store and know to only go to someone who works there. We also talked about not going with strangers and always telling a grown-up, someone in your family if



someone asks you to do something unsafe or tries to get you to go with them. We just started the safe and unsafe touches this week.

We have learned the letters R, Z and X this month and since our theme is rainforest/jungle we talked about x-ray fish, zebras and rain. The kids are loving the rainforest theme and the safari dramatic play where they have a make-believe jeep that they have been going on safaris with. We have learned about a few different animals that you would find in a rainforest such as sloths, monkeys and lizards. They really enjoy the light table where they can inspect different insects.

We have been working on getting to know each other's name and love the greeting ball song where we all say good morning to a different friend at circle.

We had family breakfast which was a huge hit and the kids loved showing the classroom off to their families.

They have been filling the heart jar and we had a pajama day and a dance party to celebrate those. Carrie from the town library came and read them a book outside which is always a favorite.

It has been a great month and we are looking forward to next month's theme which will be winter.



Chester Community Preschool  
Family Partner, Katie Murphy

December already! Despite our challenges, this year is really zipping by! November has come and gone as well as the warm weather it seems. Now is definitely a good time to send in warm clothing and consider keeping extra snow pants and boots at the center. If you need assistance obtaining these items please contact me and I can assist you.

I would like to thank each and every one of you. Our Parent Meeting regarding the Parenting Curriculum: Your Journey Together was well attended and gained interest in the curriculum. We plan to start our first session in January. (I will send a sign-up.)

Home visits are almost done! I appreciate all of you for allowing me into your lives and into your homes to complete these visits. I am so thankful to be able to get to know you all on individual levels and offer any support you may need. Please feel free to reach out to me at any time should your needs change.

Remember Family Engagement activities and other events in our community are posted to the CCP Family-Partner Facebook page, on Seesaw and our outdoor bulletin board.

Phone: (802) 460-0297

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

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

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

## Pine Street Preschool

### Daisy Room

*Ms. Lauren, Ms. Nicholle and Ms. Sadie*

Hello Families!

We have been so busy! We learned so much about Fall/Five Senses for October.

Now we have moved into learning about dinosaurs. We learned all about herbivores and carnivores. We also learned how big and small dinosaurs were. We dug for fossils in dramatic play and examined x-rays in science.

For December we will be learning about winter.

### Willow Room

*Ms. Ruby, Ms. Sarah and Ms. Felicia*

Hello from the Willow Room! 😊

November has been a fun month and we've learned a lot of things about Fall and our Five Senses! The kids learned what changes happen when it's fall and what clothes people wear.

We enjoyed singing a new song entitled "Leaves Turn Yellow" to the tune of "Are You Sleeping?".



We've learned about what our senses are and why they're so important. We also learned about things that we can do to help keep our eyes healthy.

We did a lot of fun activities like painting with apples, marble painting, identifying loud and quiet objects, things that are soft and hard, and we also did fall scavenger hunt.

We had so much fun playing the "Touch, Feel and Guess the Object" game.



The class filled up the marble jar and celebrated it by doing a "Crazy Hair Day".

Our class has been learning a lot about ways to stay safe using our Second Step-Child Protection Unit curriculum.

We also welcomed our new Teacher Associate, Ms. Sarah, in our classroom. We are so happy that she is with us!

Next month, we will be learning about Winter and Gingerbread.



Pine Street Preschool Family  
Partner

Hello Families!

I wanted to start with a thank you to all the families that attended the Parent Meeting last month for the introduction to the Your Journey Together Workshop. More information will be coming out soon about this.

I have included a fun Gratitude Scavenger Hunt for families to use to start great conversations around what you are grateful for. It's really fun to see what the kids come up with. I hope you enjoy this with your family!



This month I will continue to complete my first home visit with families. Thank you to all the families that have been able to complete them and schedule them so far.

Please keep an eye on your child's school folders for more details about Family Engagement activities and other events. Please contact me

if you have any questions, comments, or concerns.

Lindsay DeCell

Family Partner

Pine Street Preschool

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Northwood's Preschool

*Ms. Jen, Ms. Beth and Ms. Michohn*

Wow This month has been full, not only of dinosaurs but many projects that have taken on meaning of their own. From seed to pumpkin and back hopefully. Pumpkin Jack has made his appearance in our classroom. The children will keep close observation of him and see what happens over the course of the month and ongoing.

The heart jar has been filled and we made our own pizza and YO ice cream with Miss Michohn. It is so nice to have Miss Michohn back and because of that we are now open 5 days full day!!! Wahoooo. We have learned all about dinosaurs and how big they were. We measured in the classroom 75 feet the length of one of the dinosaurs that we learned about. The children made books about what they are thankful for and why. What a fun activity that was to do with them. We learned so much about the children and their families.

December will bring Gingerbread and Winter to end the

year. We are excited to meet Gingerbread Taylor and what adventures they go on over the month. Stay tuned for pictures of the adventures.

## **Children's Place Preschool**

*Ms. Susan, Ms. Denise and Ms. Meagan*

Here at The Children's Place Preschool, we have explored the human body. This was a topic that the kids showed great interest in and voted on this theme. We went from the human brain, to the amazing pump called the heart. It is hard to pick a favorite.

We started with the brain, our computer. The kids had the opportunity to learn about the various areas, within the brain, that controls sight, hearing, speech, brain stem, smell and taste. This was a great opportunity to talk about the importance of helmet safety. We saw pictures of a real brain and then compared that to our model in the classroom.

We moved onto the nose and tongue next. We learned that different areas of the tongue taste different flavors like bitter, sweet, and sour. The nose, with hair and mucous, is used to moisten and warm the air before it travels to the lungs. We then did a science experiment, with our nose, to see what our brain remembers about familiar smells. Without using our

eyes, we smelled ginger, chocolate, mint, coconut and basil.

We examined the eyes and remembered the pupil and iris. This connected to past lessons! We used a flashlight to see the pupil in action. The pupil reacted to light by getting smaller to control how much light the eye would let in.

We learned about our heart by painting a replica of an actual heart. We learned that the heart sits just inside our rib cage, on the left. Ms. Denise provided a wonderful example of how the heart pumps our blood. By taping a balloon, over a mason jar, with red water and a straw, she created a pump. It was an excellent way of seeing exactly how the heart works.

We moved onto blood cells and learned that the red blood cells deliver oxygen around the body, while the white blood cells protect our bodies from infection. We enhanced this lesson by viewing a bottle with floating red blood cells and white blood cells. We made a pattern of red blood cells, white blood cells and GERMS. We can't forget about our game called Blood Pong! Using cups, ping pongs and numbers, we threw the balls into the cups. This was a fabulous way to assess number recognition and addition. This flowed right into our experiment on germs! Using real scientific petri dishes, we sneezed, rubbed inside our nose (using a q-tip), rubbed our fingers, rubbed our

skin to see what bacteria and germs grew. It was amazing to see the real germs. We talk about germs often in the classroom and this really hit home. We also talked about what kills germs and why we use bleach to clean chairs, tables, bathrooms, doorknobs and toys. We emphasized that this is why we take medication when we have an infection.

The skeleton is always a favorite. The kids know the importance of why we have a skeleton and the organs that are protected. We took a good look at our skull and skeleton with our model in the classroom. We also compared our skull with various small animal skulls. This was enhanced by our full body x-rays in our dramatic play area. Our dramatic play area was a busy center this month.



It was complete with a doctor's office, patient bed, oxygen tubing, iv bag, doctor tools, light board and x-rays, germ and virus pictures and doctor tags. The kids learned about how important IV's in delivering medication and fluids. It was obvious that they understood this

lesson, by using the tubes and taping a pretend IV on someone's hands. The kids also mentioned that we needed an ambulance. We took a large box, painted it white, and created an ambulance.

We learned about digestion and how food passes through our body. We measure the small intestine and the large intestine to compare the two. Very interesting.

We also had a visit by the Windsor Fire Department. Many of the children were scared to have them visit but by the end of the visit they were excited to learn more. We got to see the firefighters in uniform, complete with oxygen and a face mask. They learned about the equipment and how it was used. Each of the kids got to sit in the engine and see how the seat buckles worked. This connected to our own lessons on seat belt safety. This was an incredible honor to have this visit and we thanked them with a homemade card and a box of candy!

With many of our lessons, we labeled each body part. We do this for letter recognition, use of print, and letter sound connections. We have done many literacy projects this month and with this we are assessing students! We are coming up on our first check point for parent teacher conferences. We are excited to talk to you about your child's developmental progress.





with every moment that the two of you connect and build your relationship with words of understanding.

Can you imagine if your boss at work did the same thing; recognizing all that you do every day for the good of the company? You'd feel appreciated and cared about. Your child will too.

**News from the  
Family/Community/Mental  
Health Services Manager  
Barbara Vandenburg**

SAPCC is now partnering with Dolly Parton's Imagination Library!



Dolly Parton's Imagination Library is a book gifting program that mails free, high-quality books to children from birth to age five, no matter their family's income. Families from Northern Windham County and Southern Windsor County are eligible to sign up for the Dolly Parton's Imagination Library through SAPCC at <https://imaginationlibrary.com/> You only need to sign up one time!

***Don't forget to schedule your Parent Teacher Conference and/or your Family Home Visit!***



Veggie-VanGo provides free vegetables, fruit, and sometimes eggs, yogurt and frozen foods to anyone! For Chester and Springfield residents, the Veggie VanGo site is at Riverside Middle School on the 2<sup>nd</sup> Friday of the month, from 10-11 a.m. For Windsor and WRJ residents, you can go to River Street in Windsor (The old Good Year Plant) on the 2<sup>nd</sup> Tuesday of the month.

**SEASONAL FUEL PROGRAM**

Vermont's Seasonal Fuel Assistance Program can help pay part of your home heating bills whether you own your home or rent; pay for heat directly or as part of rent; rent a room in someone's home; or live in public, subsidized, or Section 8 housing - even if your rent includes the cost of heat. Plus, recent program changes mean more Vermont families may be eligible because monthly income limits have been increased, and the resource test has been eliminated.

New guidelines allow applicants to apply year-round! Dial 211 for eligibility and application information.

# Your Journey Together Introduction Parent Meeting Recap

Your Journey Together Workshop was created for families to discover, learn and reflect new ideas and techniques around social emotional development and resiliency in your child(ren) and yourself.

As we all know, life is a journey and the journey is unique for each of us. No matter the situation in your journey, we want to empower ourselves by building our toolbox to face life's challenges.



This Workshop is presented in 4 modules that we will complete over a 4 week period; meeting weekly for 1-2 hours.



**Module 1** is an introduction to Resilience. We will start off by discussing our journey and how unique it is to each one of us. Then we will transition into learning about what resilience is and the 3 protective factors: Attachment/ Relationships, Initiative, & Self-Regulation. **Module 2** is about the adult care giving skills & strategies as well as talking about parenting skills.

In **Module 3** we will be exploring the meaning of the protective factors that are crucial to all young children to build resiliency.

**Module 4** which is our last session. We will discuss the adult protective factors. This will give each of us a chance to identify our strengths and time to check out some strategies that could help us in our chosen area of need.



We will have a survey for families to complete the first couple of weeks in December.

If you have questions please contact:  
**Katie Murphy: [kmurphy@sevca.org](mailto:kmurphy@sevca.org) 802-460-0297**  
**Lindsay DeCell: [Ldecell@sevca.org](mailto:Ldecell@sevca.org) 802-460-1285**



## News from the Health and Nutrition Manager

*Heather Frye*

### Tips to Stay Healthy and Well This Fall

September 28, 2021  
/ [Health](#) / [Wellness](#)

Taken from Outreach Health

The fall season is where the leaves turn golden colors, the days become shorter with golden sunsets, and everything appears to have a peaceful, cooler air about it. It is also the season of cold and flu along with the lure to stay indoors and devour comfort food. The season where the [average adult catches two to three colds](#), and children sneeze and sniffle even more. This season is the perfect opportunity to hit the reset switch on your [health routines](#). Regular exercising, healthy consumption, and plenty of relaxation can better your health so that it stays on course this season of fall. If these healthy habits continue, it is then a great way to further boost the immune system. Here are simple tips to stay healthy and well this fall!

**1. Focus on healthy eating:** Now is the time of year with a surplus of fruit and vegetables that will help your immune system be in tip-top shape. Citrus fruits (limes, oranges,

and clementine's), green veggies (like broccoli and kale), blueberries, persimmon, beetroot, and peppers are rich in vitamin C and antioxidants which are key to fighting off infections. Therefore, it is a good idea to incorporate these big winners into your diet when it comes to [boosting your health](#) and immunity.

**2. Get enough vitamin D:** Vitamin D helps the body absorb calcium which is [essential for strong bones](#). It not only helps with energy levels, but it is also great to keep fit and keep the mood up. We get most of our Vitamin D from the sun, so our intake declines when fall hits, considering we spend the majority of our time indoors during the season. This is why it is important to invest in vitamin supplements or consume a diverse diet to secure [appropriate levels of vitamin D](#). Cod liver oil, salmon, tuna, and milk are a few ways to get vitamin D. Eggs and fatty fish such as Alaska salmon and Alaska halibut, which are wild-caught, sustainable, and also provide essential omega-3 fatty acids are good picks.

**3. Keep hydrated (and drink smart):** Hydration is vital for trapping viruses and bacteria that try to penetrate through the nose. According to the [nutrition expert](#), Largeman-Roth, "If your nasal passages are dried out, they cannot



trap and get rid of the things that might make you sick". Also, if a person gets an illness that causes them to be exhausted to drink well, previously good hydration habit will provide them better reserves and make them less likely to need IV fluids. As the climate continues to become cooler, the body can expend as much fluid as it would have in hot climates due to the steep rates of energy consumed in the colder climates. Also, kudos to heavier clothing, you'll sweat more. An appropriate water intake will also keep your skin supple, which can be a problem as the weather gets drier. Do not quit your water consumption rate even as fall sweeps into winter, too.

**4. Nourish with seasonal foods, spices, and medicinal herbs:** This is the time to warm our bodies with immune-supporting broths, soups, and ground vegetables. Roasted squash, roots, sautéed dark leafy greens, brussels sprouts, crab apples, and turnips are all great choices. Focus on doing a clever switch from comfort foods to these lots. There's nothing like a tasty, rich soup on an invigorating fall day. Instead of preparing a calorie-rich cream chowder, consider opting for a veggie soup filled with fiber-rich vegetables like spinach. Or slather sweet potatoes with coconut oil and cinnamon instead of butter. Remember again that, "The salty

broth also can help thin out mucus, just like cold medicine!"

Add warming spices like ginger, turmeric, and chilies to your foods, which have great health benefits to help keep bugs at bay. They are also great for flavor and warm our bodies up from the inside - a 'need' on a cold day. There are also garlic and onions with the element allicin, which fights infection and bacteria.

**5. Prioritize sleep:** It is good to aim at sustaining a sleep routine of seven hours at the least and keeping your regular waking and bedtime periods the same as the remainder of the year. Staying up too late and getting up too early may help you get all your work done, but it can place you at risk of catching a cold or flu. [Deborah Gilboa, MD](#), family doctor, recommends, "Turn off tech at least an hour before bed, avoid caffeine in the afternoon, use lavender to relax before bed. And Instead of a glass of wine in the evening, try a cup of relaxing peppermint or chamomile tea."

**6. Exercise:** Mild to moderate exercise will improve sleep, reduce levels of cortisol (a stress hormone), and also strengthen the body's ability to fight off colds. It can also contribute to getting enough sleep at night. Inactivity from being indoors during these cooler months causes stagnation of the lymphatic

systems, slows down our circulation and metabolism, and challenges our immune system. Whether you choose apple picking, yoga in the park, or a hike to see fall's showy colors, make sure you keep your body moving. An advice is to try to get at least 30 minutes of moderate exercise on most days

**7. Keep Skin Moisturized:** Harsh temperatures can make your skin dry. Even though we wrap up warm, with the cold and blustery weather, our skin can become very dry. Moisturize your hands and face to protect from the elements and lips too to prevent them from becoming chapped.

**8. Get A Flu Shot:** No one likes sniffing, aching, sneezing, and coughing getting in the way of life. The [Centers for Disease Control and Prevention](#) recommends getting the once-a-year flu vaccine before October's end. The vaccine can reduce flu illnesses, missed work, and doctor's office visits.

**9. Take Time Out and Practice Relaxation Techniques:** After hectic seasons of springs and summers, our bodies will typically be on a slow mode. This can lead to you feeling more stressed out, particularly in the run-up to Christmas and the New Year. With minimal activity and more increased hours spent inside, the ability to

manage stress helps us avoid cabin fever by reaching in to locate calm and direction. Make a habit of bringing calm, soothing energy to your day, such as running a hot herbal bath, practicing mindfulness or meditation, exercise is also a great way to relieve stress. Pay attention to what your body needs and respond to it without beating yourself up! Avoid conjuring negative mental energies but positive ones.

**10. Don't forget doctors' appointments:** Many people have been waiting to schedule routine screenings, such as mammograms and colonoscopies, and doctors' appointments until the pandemic is over. Don't let these important routine healthcare appointments wait any longer.

**11. Keep up COVID-Safe Protocols:** Remember to continue the practice of the COVID safety basics. You must get vaccinated if you have not already done so. Put on a mask that fits snugly over your nose and mouth, whether in common areas or while with other people indoors whom you are not uncertain have vaccinated. Avoid contact with your face with unwashed hands. Always wash your hands with soap after feeling probably contaminated surfaces. Try to continue to maintain social distance from others as much as possible. The very best way to avoid the spread of germs is

to scrub your hands with warm soapy water. But if you cannot do that, hand sanitizer is the second-best option.

### Fruit Salad



#### **Ingredients:**

Any fresh fruit you would like to add (pineapple, oranges, apples, grape halves, bananas, kiwi, peaches, pears, etc.)

Yogurt

#### **Directions:**

1. Cut up the fruit into bite size pieces. Remember that children easily choke, so pieces should be manageable for your child. You can even give your child a butter knife and have them cut some of the fruit up, while you observe to ensure that they don't get hurt.
2. Place a serving into a small bowl, top with yogurt and ENJOY!

## **News from the Education/Disabilities Services Manager**

*Jodi C. Farashahi*

The weather is finally getting colder, so please make sure to send your child with an appropriate change of clothes-jacket, hat, mittens, snow pants and boots (once the snow begins). Teachers have completed observations for the fall assessment period, and will be meeting with parents to share children's progress on Friday, December 2, 2022. Please make sure you connect with your child's teacher to set up a time. Stay warm, and have a wonderful holiday!

### **Birthday News for December**



Chester Community Preschool  
CCP1- *Sofia G. 12/21 and Iyla W. 12/6*  
CCP2- *No birthdays this month.*

Pine Street Preschool  
Daisy- *Osyris B. 12/4*  
Willow- *Alexander G. 12/29*

Northwood's Preschool  
*No birthdays this month.*

The Children's Place  
*Brinley C. 12/12*

Staff  
CCP's Cook-*Vanessa H. 12/22*  
PSP's Cook-*Larissa J. 12/27*

Monday

Tuesday

Wednesday

Thursday

Friday



This institution is an equal opportunity provider.

Menu Subject to Change

1  
**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

2  
**CLOSED**

5  
**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

6  
**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

7  
**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

8  
**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

9  
**Breakfast**  
Whole Wheat English Muffins with Peanut Butter  
Mixed Fruit Salad  
1% unflavored milk  
**Lunch**  
Turkey and Beef Macaroni  
Cauliflower  
Watermelon  
1% unflavored milk  
**Snack**  
Fresh Veggies & Creamy Dip  
Honey Dew

12  
**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

13  
**Breakfast**  
Whole Wheat Toast  
Burst of Blueberries  
1% unflavored milk  
**Lunch**  
Turkey Tacos  
Pineapple  
1% unflavored milk  
**Snack**  
Crazy Carrot Sticks  
Wheat Thins

14  
**Breakfast**  
Banana Bread Squares  
Pears  
1% unflavored milk  
**Lunch**  
Chic' Penne  
Brussel Sprouts  
Grape Halves  
1% unflavored milk  
**Snack**  
Veggiwiches (cucumber slices with ham and cheese in between)  
Greek Yogurt Ranch Dip  
1% unflavored milk

15  
**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

16  
**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

19  
**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

20  
**Breakfast**  
Whole Wheat Bagel  
Applesauce  
1% unflavored milk  
**Lunch**  
Chicken Alfredo with a Twist  
Green Beans  
Cantaloupe  
1% unflavored milk  
**Snack**  
Graham Cracker  
Yogurt

21  
**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

22  
**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

23  
**Breakfast**  
Breakfast Muffins  
Mixed Fruit  
1% unflavored milk  
**Lunch**  
Lunchables (deli meat, cheese, whole wheat crackers)  
Celery Sticks  
Orange Smiles  
1% unflavored milk  
**EARLY RELEASE**

26  
**CLOSED**

27  
**CLOSED**

28  
**CLOSED**

29  
**CLOSED**

30  
**CLOSED**




Monday

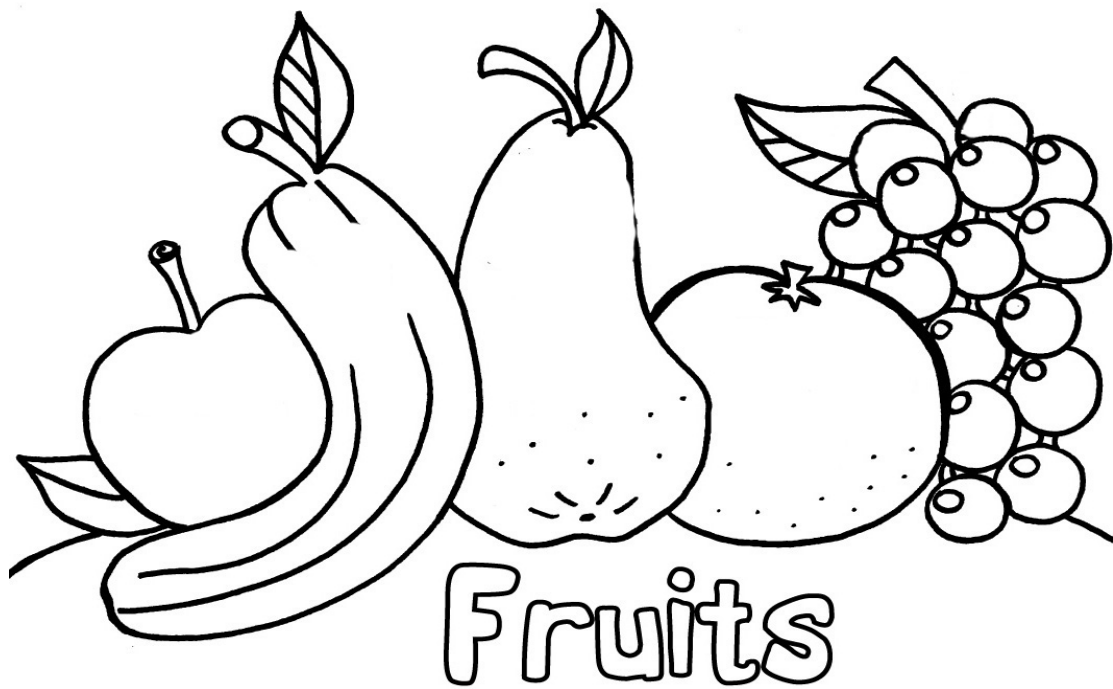
Tuesday

Wednesday

Thursday

Friday

	<p>Menu Subject to change</p>		<p>1 <b>Breakfast</b> Whole Wheat English Muffin Mandarin Oranges 1% unflavored milk <b>Lunch</b> Make your Own Chef Salad (Chopped Veggies, Cheese, Ham &amp; Turkey) Whole Wheat Bread and Butter Pears 1% unflavored milk <b>Snack</b> Whole Wheat Crackers Broccoli Trees</p>	<p>2 <b>Breakfast</b> Whole Wheat Bagel with Cream Cheese Cantaloupe 1% unflavored milk <b>Lunch</b> Spaghetti and Meatballs Green Beans Applesauce 1% unflavored milk <b>Snack</b> Fruit Salad Snap Peas</p>
<p>5 <b>Breakfast</b> Cold Cereal Blueberries 1% unflavored milk <b>Lunch</b> Tuna on Whole Wheat Pita Spinach/Tomato Mandarin Oranges 1% unflavored milk <b>Snack</b> Carrot Sticks 1% unflavored milk</p>	<p>6 <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>7 <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>8 <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>9 <b>Breakfast</b> Whole Wheat English Muffins with Peanut Butter Mixed Fruit Salad 1% unflavored milk <b>Lunch</b> Egg Salad on Whole Wheat Bread Cauliflower Clouds Watermelon 1% unflavored milk <b>Snack</b> Fresh Veggies &amp; Creamy Dip Honey Dew</p>
<p>12 <b>Breakfast</b> Cold Cereal Low Fat Yogurt Mandarin Oranges 1% unflavored milk <b>Lunch</b> Ham It Up Whole Wheat Pita Cheese Lettuce/Tomato Strawberries 1% unflavored milk <b>Snack</b> Cottage Cheese Apple Slices</p>	<p>13 <b>Breakfast</b> Whole Wheat Toast Burst of Blueberries 1% unflavored milk <b>Lunch</b> Turkey Tacos Pineapple 1% unflavored milk <b>Snack</b> Crazy Carrot Sticks Wheat Thins</p>	<p>14 <b>Breakfast</b> Banana Bread Squares Pears 1% unflavored milk <b>Lunch</b> Chicken Salad with Whole Wheat Crackers Snap Peas Grape Halves 1% unflavored milk <b>Snack</b> Veggiewiches (cucumber slices with ham and cheese in between) with Ranch 1% unflavored milk</p>	<p>15 <b>Breakfast</b> Breakfast Whole Wheat Wrap, with Peanut Butter, Bananas and Blueberries (make your own) 1% unflavored milk <b>Lunch</b> Tuna Salad on Whole Wheat Bread Strawberry Spinach Salad Mangos 1% unflavored milk <b>Snack</b> Ants on a Log (celery, Peanut Butter, Goldfish) 1% unflavored milk</p>	<p>16 <b>Breakfast</b> Whole Wheat Pancakes Applesauce 1% unflavored milk <b>Lunch</b> Egg Salad on Whole Wheat Pita Broccoli Trees Honey Dew 1% unflavored milk <b>Snack</b> Tootie Fruitie Salad Rice Cakes</p>
<p>19 <b>Breakfast</b> Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk <b>Lunch</b> Peanut Butter &amp; Jelly on Whole Wheat Cheddar Cheese Carrot Sticks Perfect Pineapple 1% unflavored milk <b>Snack</b> Whole Wheat Crackers 1% unflavored milk</p>	<p>20 <b>Breakfast</b> Whole Wheat Bagel Applesauce 1% unflavored milk <b>Lunch</b> Chicken Alfredo with a Twist Green Beans Cantaloupe 1% unflavored milk <b>Snack</b> Graham Cracker Yogurt</p>	<p>21 <b>Breakfast</b> Whole Wheat Pancakes Peaches 1% unflavored milk <b>Lunch</b> Beef Vegetable Soup Whole Wheat Roll Pears 1% unflavored milk <b>Snack</b> Red Grapes Halves Cheddar Cheese Chunks</p>	<p>22 <b>Breakfast</b> Yogurt Cereal Honey Dew 1% unflavored milk <b>Lunch</b> Chicken Fajitas Cauliflower Strawberries 1% unflavored milk <b>Snack</b> Rice Cakes Pepper slices</p> <p><b>FAMILY BREAKFAST</b></p>	<p>23 <b>Breakfast</b> Breakfast Muffins Mixed Fruit 1% unflavored milk <b>Lunch</b> Lunchables (deli meat, cheese, whole wheat crackers) Celery Sticks Orange Smiles 1% unflavored milk <b>Snack</b> Monkey Snack (banana &amp; peanut butter) 1% unflavored milk</p>
	<p>This institution is an equal opportunity provider.</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.