

# SEVCA Head Start Newsletter

Monthly Newsletter for January 2023



From the Desk of the Director . . .

Dear Parents & Staff,

Welcome back from the Holiday Break and to the start of a new year! I hope the holidays were joyous and restful.

We are still looking to enroll children for this program year and will start recruiting for the 2023-2024 program year soon! So, if you know of any children that might be interested in attending Head Start please let us know! We still have openings left for this program year.

We received notice in December that we were approved for \$70,000 in funding from the Coach Foundation for the renovation project at the Children's Place Preschool in Windsor on second floor. We are thrilled to receive this funding and are excited to see the space being renovated!

During our Policy Council Meeting on December 14, 2022, Lee Trapeni was elected as the Chairperson for the Policy Council for the 2022-2023 program year. Thanks for stepping up Lee! We will elect the remaining officers at a future meeting.

Just a reminder with the winter season upon us... when there is bad weather please



listen to the following radio stations to see if there is school: Q106, 100.5, 92.3 and the following TV Channels: SAPA Channels 8 & 10, and WCAX/WOA Channel 3. We follow the same recommendations as the school district of where the Head Start center is located. If there is a delay, Head Start classrooms will be delayed as well, including child care. Parents will be called if we close early due to the weather. Please drive safely!

Sincerely,  
Lori Canfield  
Head Start Director

**Policy Council Update:** The next Policy Council Meeting is scheduled for January 18<sup>th</sup>. We're waiting for confirmation from Gladys Rivera about doing the Shared Governance Training from 9:30-11:00 via zoom.

## Winner, Winner!

**November In-Kind Winner:**

Northwoods is top dog for the most In-Kind (special thanks to Cook Crystal)!

Daisy Room at PSP is runner up!

Nicely done!

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

**Chester Community Preschool:**

**CCP #1:** Gavin A., Sofia G., Payton L. and Xavier M.

**Pine Street Preschool:**

**Daisy Room:** Raiden G.

**Willow Room:** Liam S.

**The Children's Place:** Brinley C.

**Northwoods:** Izalea B.

**Way to go!**

**Important Dates to Remember:**

January 2, 2023 ~ New Year's Day.  
Head Start CLOSED. Child Care CLOSED

January 10, 2023 ~ Cook's Meeting

January 16, 2023 ~ Civil Rights Day.  
Head Start CLOSED. Child Care CLOSED.

January 17, 2023 ~ In-Service Training Day.  
Head Start CLOSED. Child Care CLOSED

January 18, 2023 ~ Policy Council/Shared Governance; 9:30AM

January 27, 2023 ~ Early Release, Ed Meeting

# Classroom Updates...

## Chester Community Preschool

### CCPI

Ms. Jodie, Ms. Karie and Ms. Briana

As it is starting to get colder outside, we have been learning about Winter! We have read many books about winter and snowmen. We have created many winter art projects and displayed them throughout our classroom! Everyone has been kind, thoughtful, and respectful of our classroom rules, so we filled the jewel jar! We used frozen fruit and made homemade ice cream! It was delicious.

With the Winter theme for December, it allows for many fun learning opportunities! While inside, we are learning about snowflakes, what happens in the air to make it snow, along with many art projects! We have molding sand in the sand table as it acts like snow (but doesn't melt), some arctic animals and ice in the water table, and our Dramatic Play is now a Hot Chocolate Shop! The children enjoy serving their friends and ordering drinks and food.



Snowman Sam also made an appearance this month and had so much fun with everyone! We made a class book of all his adventures. Miss Carrie King came to read some books to our center as well. It's a joy to have Miss. Carrie come read to us. This month we have learned

more about letters N, S and added them to our Alphabet! We made our letters into a Night sky (letter N), Snow (letter S). 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 did a winter theme. We had a fun snowman game in the classroom that the kids loved. We read and learned about how snow is made and what happens to water when it freezes. We also had a lot of staff illness this month but we managed to survive.

We learned the letters H, N and O and decorated H with hats and we used N for night and O for ornaments.

We did get two fish for our class pets that the kids love.

We are looking forward to next month and have our fingers crossed for everyone to be healthy.

### Chester Community Preschool Family Partner

Hello Families!

Brrr...it's cold out there!! With heating season in full swing please remember, if you need some help with getting fuel, you can contact SEVCA Family Services to apply for Crisis Fuel. For more information, please contact them at 802.460.1553.

I want to take a moment to thank families that were able to attend our December Parent Meeting and join us in making a fun winter craft! You will be hearing from me soon to discuss our next meetings topic choices. If you have ideas for this meeting please send them to me so we can add them to our list and decide together.

Please keep an eye on your child's backpack, Facebook, and Seesaw for more details about Family Engagement activities and other

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

Katie Murphy  
Family Partner

Here is a fun activity to do with your child(ren).

**MY YEAR IN REVIEW**

Picture of me

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Height: \_\_\_\_\_

School: \_\_\_\_\_

**HAPPY NEW YEAR!**

I tried: \_\_\_\_\_

I learned: \_\_\_\_\_

I loved: \_\_\_\_\_

**MY GOALS FOR THE YEAR**

My goal for 2022: \_\_\_\_\_

I want to learn: \_\_\_\_\_

I want to go: \_\_\_\_\_

I want to try: \_\_\_\_\_

**THE BEST OF THIS YEAR**

Movie: \_\_\_\_\_

Song: \_\_\_\_\_

Book: \_\_\_\_\_

Toy: \_\_\_\_\_

Food: \_\_\_\_\_

### Pine Street Preschool

#### Daisy Room

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

Hello Daisy Families,

We cannot believe it is the end of 2022 already! So much has been accomplished these last few months. We learned how to be Super Friends and how to keep ourselves safe.

We are finishing out the month of December learning about Winter. We will be talking about how different animals prepare for Winter. We are also putting a lot of focus on how to put on/take off our winter gear.

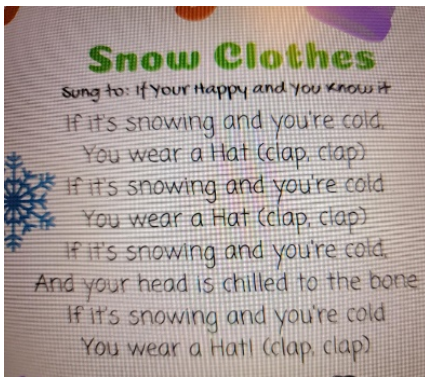
Next month we will be learning about either Space or Ocean. Our classroom will vote just before break. We are excited to see what our class chooses. Stay tuned for our next theme!



## Willow Room

Ms. Ruby and Ms. Felicia

Hello friends! For December's theme, we learned about winter and gingerbread. We all enjoyed reading winter books, stories, and "The Gingerbread Man". The kids also learned about hibernation and how animals live and survive the cold weather. They learned the steps for putting on and taking off snow gear and the importance of keeping themselves warm especially when they go outside. They loved the winter song entitled "Snow Clothes" which is sung to the tune of "If You're Happy and You Know It".



The kids also had so much fun making some art activities such as making snowflakes, winter tree finger-painting, making their own snowman, and popsicle stick gingerbread man.



The kids filled their heart jar and celebrated it by bringing in their favorite stuffed animal at school. Everyone had a blast. They are very close to filling their jar once again.

Our class voted and in the month of January we will be learning about dinosaurs!



Wishing you a beautiful holiday season!

Pine Street Preschool

Family Partner



Wow can you believe it's 2023!

A lot of people start the New Year off making a New Year's Resolution. Here is a helpful template for this new year.

*this year's resolutions*

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THIS YEAR I WILL

Start a new habit:

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Read a good book:

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Learn a new skill:

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Go on a visit to:

---

Break a bad habit:

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Look forward to:

---

Try something new:

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Thank you to all the families that were able to complete their Home Visits with me. It has

been amazing getting to know each one of you better.

We will be sending out information about the Your Journey Together Workshop for parents, guardians, and caregivers of our preschoolers. 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

802.460.1285

Ldecell@sevca.org

## Northwood's Preschool

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

Hello from Northwoods!!

This month we've been learning all about Gingerbread and winter!

We made a gingerbread house for our wall and the kids have enjoyed moving the different candy pieces around. We also had a bakery in our dramatic play area. We even made gingerbread playdough! Ask your kiddos about the different smells in our classroom (Peppermint and gingerbread).

We tossed snowballs at a snowman, made icicles and discussed how ice is made. We added a loose parts area to our classroom so kiddos can get their creative juices flowing and create master pieces of art work! We finally got some snow on our playground so the kids have been shoveling and building a snow mound.

Next month's choice was outer space or Fairytales and castles! Fairytales and castles won! Stay tuned to hear about all our fun!!

## Children's Place Preschool

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

What a great December, filled with experiments and dinosaurs (dinosaur means terrible lizard)!! We started the first month, learning about the climate of our earth, at the time of the dinosaurs. This meant volcanoes! We learned about the important role of volcanoes and about the gasses and ash that come along with them. We did a gas experiment to further explain the role that gas and ash played during this time. The children participated in a volcano eruption and then went onto experiment with their own set of baking soda, vinegar and food coloring. We also provided droppers so that they could control their own experience. This is always a wonderful way for a hands-on experience. This supported understanding that earth was different at the time of the dinosaurs. We also labeled the parts of a volcano. Labeling is threaded throughout our curriculum to allow children to see the word and connect the sounds to letters. We have several students who are reading!!!! It is exciting.

Our first craft experience, went right into the ferocious tyrannosaurus. This carnivore is a favorite of all children. The children created their own tyrannosaurus, counting sharp teeth and then experiencing our life size head of a tyrannosaurus!!! Each child could put themselves inside the mouth of this giant reptile. The pictures were hilarious. Check this one out.



We made a herbivore. Who doesn't love a triceratops? This craft was a 3D representation with 3 horns. These giants had flatter teeth to chew plants. The children had to count how many teeth their triceratops had.

We did the life cycle of a dinosaur, to further explain, that dinosaurs laid eggs. This was complete with nest making, egg and fossils.

We completed our dinosaur unit by learning about fossils and where fossils are found around the world. We did a visual experiment, to further the understanding, of how the dinosaur bones became fossils. We watched a short video of how this might have happened. There has not been a dinosaur fossil found in Vermont.

The last week of December was focused around the spirit of giving. We made crafts for families and read some great books. Gingerbread Fred enjoyed visiting families and a wonderful class book was created. We did a gingerbread experiment, which answered the question "does gingerbread dissolve in water?". It sure does!! We read so many gingerbread books from around the world. The funniest was The Musubi Man, from Hawaii and The Gingerbread Cowboy. We compared all the endings and commented on how all the stories were similar and how they were different.

We had a wonderful Dude Doughnut Breakfast. This was an important breakfast celebrating all the dudes who are in our children's lives. I can't tell you how much the kids loved this. Thank you to all of you who came.

Because it is the season of giving, we shared a family meal together before the holiday break. This was a delicious lunch with turkey and all the trimmings. We love sharing meals with our families. Thank you all for coming.

Thank you all for coming to your parent teacher conference. It is truly one of our

favorite days, to share with you, all your child's milestones within the classroom. The amount of growth is astounding.

We hope that you had a joyous and relaxing holiday season. We will be swimming into the ocean for the month of January. This is by far our favorite theme. It's filled with wonder and excitement about all the creatures that live there. It is also a great science filled unit.

Have a fantastic holiday season and may the year 2023 be a happy and healthy one.

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

*Fran Lynggaard Hansen*

*Happy New Year!*

At Head Start we recognize all the people who create family for the "littles" in our program. You might be a parent, grandparent, foster parent, other relative or friend of the child; but no matter who you are, you are your child's family and that makes you a very important person! Did you know that January is Positive Parenting Awareness Month?

The month of January is a time to remember that -

- Being a positive parent is a huge undertaking that helps produce healthy, capable, confident children. It's the most important job you'll ever have!
- It is common for parents to feel stressed and worried sometimes, no matter their age, income, or how many children they already have or have raised. Let's face it, the last two years have been even more stressful than usual because of an international pandemic.

Here are some quick tips to positive parenting.

- Maintain communication and connection - Creating space to talk through what is happening within the family system can



take some of the stressors away by sharing information together.

- Playing and connecting together also lessens stressors, and even just a few minutes of connection can help! Plan time for fun in your family, go for a walk, play a game, make a favorite snack together.
- Use routines to support everyone - a consistent bedtime helps children not to feel rushed in the morning and keeps them well rested. A regular meal time helps with everyone too and by sharing the work load (setting the table, cleaning the dishes, preparing the food) brings families together.

Head Start Family Partners are offering wonderful parenting classes that build community so you never have to feel alone. Parenting can be a lonely business. Build your parenting community by joining on line. Details are available from Katie Murphy and Lindsay DeCell, or ask your child's teacher for more details.

## News from the Health and Nutrition Manager

*Heather Frye*

### Flu Information



#### Flu: A Guide for Parents

Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that from the 2010-2011 season to the 2019-2020 season, flu-related hospitalizations among children younger than 5 years old have ranged from 6,000 to 27,000 annually in the United States. The flu vaccine is safe and helps protect children from flu.



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

#### If Your Child Is Sick

##### What can I do if my child gets sick?

**Talk to your doctor early if you are worried about your child's illness.**

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is 5 years or older and does not have long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years – especially those younger than 2 years – and children with certain chronic health conditions (including asthma, diabetes and disorders of the brain or nervous system), are at higher risk of serious flu complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

##### What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

Fast breathing or trouble breathing

Bluish lips or face

Ribs pulling in with each breath

Chest pain

Severe muscle pain (child refuses to walk)

Dehydration (no urine for 8 hours, dry mouth, no tears when crying)

Not alert or interacting when awake

Seizures

Fever above 104°F that is not controlled by fever-reducing medicine

In children less than 12 weeks, any fever

Fever or cough that improve but then return or worsen

Worsening of chronic medical conditions

This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

### How long can a sick person spread flu to others?

People with flu may be able to infect others from one day before getting sick to up to five to seven days after. Severely ill people or infants may be able to spread flu longer, especially if they still have symptoms.

### Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest until their symptoms have improved to avoid spreading flu to other children or caregivers.

### When can my child go back to school, daycare, or camp after having flu

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone and their symptoms have improved or resolved. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)\* or higher.

\*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.

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

### How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at higher risk of flu complications like pneumonia, and sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

### How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

### What are flu signs and symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Not everyone with the flu will have a fever.

### Protect your child

#### How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

Flu vaccination is recommended for everyone 6

months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.

It's especially important that young children and children with certain chronic health problems get vaccinated.

Caregivers of children at higher risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at higher risk for serious flu complications but too young to get a flu vaccine.)

Pregnant people should get a flu vaccine to protect themselves and their baby from flu. Flu vaccination during pregnancy protects babies from flu for several months after birth.

Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

### Are flu vaccines safe?

Flu vaccines have an excellent safety record. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age.

CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

### What are the benefits of getting a flu vaccine?

- **A flu vaccine can keep you and your child from getting sick.** When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about 40 to 60 percent.
- **Flu vaccines can keep your child from being hospitalized from flu.** A recent study showed that flu vaccine reduced children's risk of severe life-threatening influenza as much as 75%.
- **Flu vaccine can be life saving in children.** A study using data from multiple flu seasons found that flu vaccine reduced the risk of flu associated death by half among children with higher risk medical conditions and by nearly two-thirds among healthy children.
- **Flu vaccination also may make your illness milder if you do get sick.**
- **Getting yourself and your child vaccinated also can protect others** who may be more vulnerable to serious flu illness, like babies and young children,



older people, and people with certain chronic health problems.

### Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first two days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at increased risk of serious flu complications. Antivirals can be given to children and pregnant people.

### What are some other ways I can protect my child against flu?

- In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.
- Stay away from people who are sick; cover your cough and sneezes; wash your hands often with soap and water; do not touch your eyes, nose, and mouth; and clean and disinfect surfaces and objects that may be contaminated with flu viruses.

These everyday actions are a good way to reduce your chances of getting sick and prevent the spread of germs to others if you do get sick.

However, a yearly flu vaccine is the best protection against flu illness.

## Quick Trick Chicken Tacos

The perfect dinner for a rushed evening, these chicken tacos are packed with vegetables and take only minutes to cook. Try adding different vegetables like zucchini or tomatoes and vary your toppings for an endless parade of options.

### INGREDIENTS

Serves 4-6

- 1 lb. boneless, skinless chicken thighs, cut into 1-inch strips
- 1 tablespoon olive oil
- 1 tsp. salt
- 1/2 tsp. pepper

- 1 medium onion, thinly sliced
- 1 large sweet bell pepper, sliced into strips
- 1 cup fresh or frozen corn kernels
- 3/4 cup prepared salsa of your choice
- Juice of 1 lime
- Flour tortillas, for serving
- Shredded lettuce and sliced avocado (optional) for topping

### INSTRUCTIONS

1. Heat the olive oil in a large skillet over medium-high heat.
2. Add the chicken strips and sprinkle with salt and pepper. Cook until browned on one side, about 3 minutes.
3. Flip the chicken over and add the onions and bell pepper strips to the pan. Cook, stirring occasionally, for another 2-3 minutes, until the vegetables begin to soften slightly.
4. Add the corn and salsa to the pan. Stir well, cover and simmer for 5 minutes.
5. Remove from the heat, stir in the lime juice and serve in flour tortillas, with avocado and shredded lettuce.



## News from the Education/Disabilities Services Manager

Jodi Farashahi

Happy winter!!

Please make sure that your child has an extra set of clothes, and their winter gear (snowpants, coat, hat, mittens, snow boots) when the temperature does allow for them to get outside and enjoy the crisp air!

Here are the child outcomes for the Fall Assessment:

### **Overall Program:**

**Areas of Strength:** Physical Development, Large Muscle and Small Muscle Movement (running, jumping, kicking, catching, using their finger to play with small toys)

**Areas of Focus:** Literacy Development and Mathematics

### **Children Transitioning to Kindergarten:**

**Areas of Strength:** Physical Development, Large Muscle and Small Muscle Movement (running, jumping, kicking, catching, using their finger to play with small toys)

**Areas of Focus:** Literacy Development and Mathematics

### **Children with IEPs:**

**Areas of Strength:** Physical Development, Large Muscle and Small Muscle Movement (running, jumping, kicking, catching, using their finger to play with small toys)

**Areas of Focus:** Language Development and Cognitive Development

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

Hoping everyone had a wonderful holiday!

### **Birthday News for January**



#### **Chester Community Preschool**

CCP1- None this month.

CCP2- None this month.

#### **Pine Street Preschool**

Daisy- Brianna G. 1/3 and Gavin P. 1/21

Willow- Ivy L. 1/14

#### **The Children's Place**

None this month.

#### **Northwood's Preschool**

Odin, S-D. 1/15

#### **Staff**

Karie S. 1/2 (CCP1's Teacher Associate)

Meagan H. 1/11 (Windsor's Teacher Assistant)

# HAPPY NEW YEAR

**News from the Family, Community, Mental Health Manager Barbara Vandenburg**



As a new year is approaching us, I would like to take this opportunity to re-introduce our Family Partners at SEVCA Head Start!



**Lindsay DeCell**  
802.460.1285  
ldecell@sevca.org



**Katie Murphy**  
802.460.0297  
kmurphy@sevca.org

Lindsay and Katie are the super hero's that keep our program in-the-know about what is happening in the communities we live in. They plan Family Breakfast events, hands-on workshops, Parent Group events, and post upcoming events on the classroom FACEBOOK pages, as well as Parent Engagement recordings. They provide much of the technical assistance (making posters and postcards) and created PDF forms for all the paperwork that is required by our Performance Standards. They are helpful in your child's classrooms by providing breaks for staff, sitting in during nap time, or helping Teachers to create projects for the classrooms. They are the behind the scenes ladies who have spruced up the centers with plants, yardwork, parent boards and painting in the buildings! Katie was recently named the Queen of the Vacuum for rolling up her sleeves and taking apart a very plugged up vacuum cleaner!

Currently they are assisting Susan (our super hero teacher in Windsor) with supporting families, while we are waiting to hire another Family Partner to cover the Windsor and White River area. Our super hero teacher Jen is still available in WRJ, but Lindsay and Katie are happy to help there, too! **If anyone knows of someone that would be perfect for this position, please email me at [bvandenburg@sevca.org](mailto:bvandenburg@sevca.org).**

Lindsay and Katie are available to assist families with many things! They are a wealth of information. If you need assistance with fuel, weatherizing your home, signing up for WIC, finding someone to do your taxes, or maybe you want to enroll in an educational program to get your high school diploma or take some college courses, these are your ladies! They have been providing home visits and they are anxious to meet with families on an individual basis to provide you with support that meets your individual family goals.

Thank you, Lindsay and Katie, for all you do! You are very much appreciated and significant members of our Head Start Family!




Monday

Tuesday

Wednesday

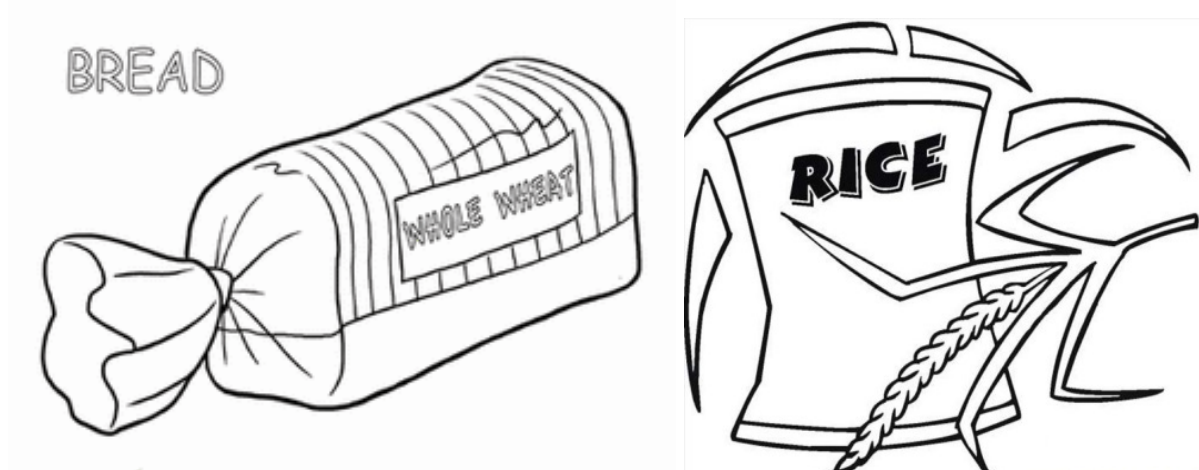
Thursday

Friday

	<p>3 <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>4 <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>5 <b>Breakfast</b> Oatmeal Mixed Fruit 1% unflavored milk <b>Lunch</b> Oodles of Noodles Turkey Rolls Perfect Pineapple 1% unflavored milk <b>Snack</b> Cottage Cheese Celery Sticks</p>	<p>6 <b>Breakfast</b> Whole Wheat English Muffins Pears 1% unflavored milk <b>Lunch</b> Stir-Fried Green Rice, Eggs and Ham Cheddar Cheese Cubes Honey Cinnamon Carrots Strawberries 1% unflavored milk <b>Snack</b> Rice Cakes Oranges</p>
<p>9 <b>Breakfast</b> Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk <b>Lunch</b> "Say Cheese" Grilled Ham &amp; Cheese on Whole Wheat Tropical Bean Salad Pineapple 1% unflavored milk <b>Snack</b> Bananas in a Sleeping Bag (banana wrapped in whole wheat tortilla)</p>	<p>10 <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>11 <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> Apples Yogurt</p>	<p>12 <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>13 <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>16  <b>CLOSED</b></p>	<p>17  <b>CLOSED</b></p>	<p>18 <b>Breakfast</b> Whole Wheat English Muffin Mandarin Oranges 1% unflavored milk <b>Lunch</b> Turkey MeatLoaf Whole Wheat Roll Mexican Corn Salad Pineapples 1% unflavored milk <b>Snack</b> Whole Wheat Crackers Cheddar Cheese Chunks</p> <p><b>FAMILY BREAKFAST</b></p>	<p>19 <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>20 <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>23 <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>24 <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>25 <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>26 <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>27 <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>Snack</b> Fresh Veggies &amp; Creamy Dip Honey Dew</p>
<p>30 <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>31 <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>This institution is an equal opportunity provider.</p>	<p>This institution is an equal opportunity provider.</p>	<p>Menu Subject to Change</p>

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject to Change	<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> 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>5 <b>Breakfast</b> Oatmeal Mixed Fruit 1% unflavored milk <b>Lunch</b> Turkey Rolls Whole Wheat Bread Cauliflower Cottage Cheese Perfect Pineapple 1% unflavored milk <b>Snack</b> Grape Halves Celery Sticks</p>	<p>6 <b>Breakfast</b> Whole Wheat English Muffins Pears 1% unflavored milk <b>Lunch</b> Tuna Salad on Whole Wheat Crackers Cheddar Cheese Cubes Honey Cinnamon Carrots Strawberries 1% unflavored milk <b>Snack</b> Rice Cakes Oranges</p>
	<p>9 <b>Breakfast</b> Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk <b>Lunch</b> "Say Cheese" Grilled Ham &amp; Cheese on Whole Wheat Cauliflower Pineapple 1% unflavored milk <b>Snack</b> Bananas in a Sleeping Bag (banana wrapped in whole wheat tortilla)</p>	<p>10 <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>11 <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>12 <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 Whole Wheat Bread &amp; Butter All Mixed-Up Fruit Medley 1% unflavored milk <b>Snack</b> Yogurt Dip with Celery Sticks 1% unflavored milk</p>
16	17	18	19	20
CLOSED	CLOSED	<p>18 <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>19 <b>Breakfast</b> Whole Wheat English Muffin Mandarin Oranges 1% unflavored milk <b>Lunch</b> Make your Own Chef Salad (Chopped Veggies, Cheese, Ham and Turkey) Whole Wheat Bread and Butter Pears 1% unflavored milk <b>Snack</b> Whole Wheat Crackers Broccoli Trees</p>	<p>20 <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>
23	24	25	26	27
<p>23 <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>24 <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>25 <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>26 <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>27 <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>
30	31			
<p>30 <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>31 <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>This institution is an equal opportunity provider.</p> 

# Grains



- Make at least half of all grains eaten whole grains.
- 100% whole-grain breads, cereals, rice, and pasta provides nutrients and health benefits.
- Let children select and help prepare a whole grain dish.

## WIC APPROVED ACTIVITY

Today your child learned about grains 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.

## Black Bean Quesadillas

### Ingredients

- 12 whole wheat tortillas
- 2 cans black beans (15 oz)
- 1 cup of medium-hot salsa
- 1 cup part-skim mozzarella cheese, shredded

### Directions

1. Preheat the oven to 400° F
2. Shred the cheese if not already shredded and drain the beans.
3. Put half of the salsa and half of the beans in the food processor and process until creamy. Add the remainder of the whole black beans to the mixture and stir to your liking.
4. Place tortillas on a baking sheet and spread on the bean mixture, then add 2 tablespoons of the shredded cheese.
5. Fold in half and bake for 15 minutes (or until cheese has melted).
6. Cut into wedges and serve with remainder of salsa.