

SEVCA Head Start Newsletter

Monthly Newsletter for February 2023



FROM THE DESK OF THE DIRECTOR...

Dear Parents & Staff,

The remaining months of school are flying right by! We are now in the process of doing our annual Self-Assessment which will happen during the month of March. We are currently looking for parents and community members who might be interested in being part of the Self-Assessment. Participants will be joining us for one day to review and analyze the data sets the Managers have put together, so we can assess how our program is doing regarding the systems we have in place to provide services. If anyone has any specific questions, please feel free to call me. We appreciate any insight you have to offer! If you would like to be part of this process, please let the teacher in your child's classroom know!

We are also in the recruitment mode for the 2023-2024 program year, so please spread the word if you know of any children that will be three by September 1st and meet the other eligibility requirements. All staff are available to meet with parents to complete applications,

so please call the specific center you are interested in.

Just a few things that are coming before the end of the program year: A Parent and Staff Survey. Spring is just around the corner! Stay healthy and warm!

Lori Canfield
SEVCA Windsor County
Head Start Director



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

Chester Community Preschool:

CCP1: Amelia G., Lucas M. and Asher U.

CCP2: Nora O.

Pine Street Preschool:

Daisy: Raiden G.

The Children's Place: Lucas C. and Penelope C.

In-Kind Winner for the month of December goes to... WRJ!

Congratulations to you and to the Runner Up team at CCP!



Important Dates to Remember:

February 10, 2023 ~ Winter TSG
Checkpoints due.

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

February 17, 2023~ Early Release, Ed
Meeting

February 20-24, 2022~ February Break; ALL
Centers and Child Care are CLOSED.

Classroom Updates...

Chester Community Preschool

CCP1

Ms. Jodie and Ms. Briana

We have blasted off to Outer Space this month here at CCP1. We have been having so much fun learning about Outer Space! We turned the dramatic play area into a Space Station. We made some marble painted preschool astronauts for our "Out of This World" bulletin board. The kids made name rockets by writing each letter of their name on a square in the rocket.

The kids created patterns out of moon, star and planet stamps. They also made name constellations out of chalk and star stickers. We enjoyed rocket ship fruit kabobs, moon crater rice cakes and milky way smoothies for our nutrition projects this month. We put rockets on our big

letter R, jewels on our letter J, Icicles on our I and we painted our Y yellow and added yellow yarn.

We learned a new Rocket Ship song! The kids had fun making and blasting off their Straw Rockets! We made telescopes out of paper towel tubes, foil and stickers! We learned about the phases of the moon and the kids then made their own sequence of the stages of the moon. We made galaxy slime, foil painted moons.

We sent home Rocket Ship Reading Tickets for families to fill out with their child after they read a story together. The kids then had the chance to color it in and cut it out. Miss Carrie from the library came to read a story to the kids.

We have started our unit on feelings with the Second Step curriculum. We have talked about looking at a person's face to determine how they are feeling.



We filled up the jewel jar three times and we celebrated by having a popsicle party, dance party and pajama day. Next month we will be learning about Friendship and Kindness and learning about the author Mo Willems.

CCP2

Ms. Randi and Ms. Karie

In the Month of January, we have been focusing on the Mo Willems books. Our centers and crafts have all focused around his popular "Pigeon" books, as well as his characters, Knuffle Bunny, Piggie and Gerald!

We read all three of Mo Willems, Knuffle Bunny books and did lots of crafts based off of this special bunny! In this story a little girl named Trixi loses her special bunny and gets sad. It turns out that it was in the washing machine at the laundromat.

The kids all made their own Knuffle bunny in the washer and their own Knuffle bunny hats.



We made some delicious Chex mix and have been enjoying shoveling the snow as well as learning many new letters!

Our Second Step unit focused a lot on following directions. We have been practicing this with step by step directions to help us more independently get ready to go outside and to help take off our own snow gear and put it away. The kids have all been doing great with it and are so excited to show off how well they can get ready!

News from Chester Community Preschool's Family Partner

February is here and there are only 47 days until Spring! I, myself, am looking forward to warmer weather. With that in mind please remember with the cold temperature's children will need appropriate clothing for the weather such as, snow pants, boots, coat, hat, and waterproof mittens or gloves.

This month we will be starting our parenting workshop, Your Journey Together. These workshops are a great opportunity to learn and grow together. I want to apologize to our families for canceling our Family Breakfast/Lunch last month, we look forward to hosting these events this month. Coming up this month: Would you like to know how to stretch your tax refund? Find out this month as we discuss budgeting and saving.

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

802.460.0297

kmurphy@sevca.org

Pine Street Preschool

Daisy Room

Ms. Lauren, Ms. Nicholle and Ms. Sadie

Hello Families,

The first month of 2023 has flown by! We've learned so much about the Ocean. We learned about what different ocean animals eat and their different habitats.

We did experiments about sinking and floating and got to design our own boats.

For February we will be talking about friendship and kindness. We will be doing a lot of partner play (friendship painting, friendship bracelets) throughout the month as well. We look forward to building up our friendship skills and becoming Super Friends!

-Daisy Teachers

Willow Room

Ms. Ruby and Ms. Felicia

For January, we learned about dinosaurs. We had so much fun learning about how these amazing prehistoric creatures lived millions of years ago. We also learned what the largest/smallest dinosaur were, what a paleontologist is, and what they do, and learned more about dinosaur names and what they ate. We learned so many terms like herbivore, carnivore, omnivore, and fossils.

We enjoyed doing some activities like making dinosaur crowns, dinosaur footprints, participated in a fossil dig, making dinosaur puppets, dinosaur counting and matching, and a lot more.



We did some exciting nutrition activities such as making dinosaur sandwiches, dino dip, and dinosaur biscuit bones!

We also focused on naming feelings, managing strong feelings and disappointments, and learned about calming- down steps.

Next month, we will be learning about Friendship and Kindness.

News from Pine Street Preschool's Family Partner

Hello Everyone!

I will be starting my 2nd Home Visits after vacation and look forward to meeting with each of you.

Tax season is coming and SEVCA VITA program can help you get those pesky taxes prepared. This is a FREE program for Windsor & Windham county Vermonters. For more information check out <https://www.sevca.org/economic-development/volunteer-income-tax-assistance>

As we come into tax season it's a good time to look at budgeting and saving so I am planning our February Parent Meeting to discuss some options that you can use to help get on or stay on track.

Also, just a reminder to those who pay for their heat, please keep your eye on your heating fuel tank to make sure you don't run out of fuel. If you are struggling to get your next fuel delivery or concerns with your electric disconnect notice SEVCA Family Services may be able to help. Call 802-460-1553

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 Northwoods families! Our new year is off to a busy start. This month we learned about fairytales and castles. You may have noticed our tall castle in the classroom.

We made stone soup and had a small fire outside to bake some smobrod bread. Smobrod is a Danish bread cooked over an open fire.

We had fun making unicorn fizz and fairy playdough and did some cool crafts based on different fairytales. (Humpty Dumpty, Rapunzel, Jack and The Bean Stalk and Three Little Pigs).

We had another great visit from VINS, which the kids always love!

The White River Elementary School Principal and Nurse visited to discuss moving on to Kindergarten.

Wesley Parks from SEVCA Family Services is stopping by to let us know what services they can offer for families.

Stay tuned to see all the exciting things will do in February!!



Friendly Reminder

Please make sure your child has Hat, Mittens, Boots, Snow Pants and Jacket as we go outside every day.



If anyone is struggling with these items please let us know so we can help your family.

Children's Place Preschool

Ms. Susan, Ms. Denise and Ms. Meagan

January was an exciting month with Dragons, Castles and Fairy Tales!



We began this month with castles. We created our own castle, for the dramatic play area, complete with a drawbridge. Along with our drawbridge, we had a magic pot, puppets, fire wood and dress up clothes. The kids especially liked the play cupcakes, cookies and gingerbread. We made castles out of shapes and then

mapped where our dragon lived. The stories were very funny. We looked on our world map and saw where real castles still stand and then looked at pictures of them.

In art, we created knights and royalty with crowns and jewels. The children especially liked seeing themselves as both. We created our own dragons and gave them a name. Each student came up with what their dragon's special magic was as well. We had the chance to create our own puppet to match our dragon theme. We made magic wands, magic mirrors and dragon dens. Making dragon eggs was especially fun!

The block area had a wooden castle complete with all the castle figures. We also had castle blocks to further our castle building. We made catapults for the top of the castle and then experimented on what object would go further. The questions for this was why did that object go further and this one did not. This was a good extension, to the ball roll experiment, from a month ago.

We all learned that dragons are not real. This fit right into our explanation of fiction and nonfiction stories. We had the book and CD of Puff the Magic Dragon and were surprised to learn that Hanalee is a real town. Hanalee is in the island of Kauai.

Did you know that dragons love tacos?? Apparently, the book called Dragon's Love Tacos say they do. We made homemade taco shells, with a press and cooked them in our classroom.

We moved onto fairy tales as our fictional exploration. We read The Princess and the Pea and made our own book to go with it. The kids used their

picture (laying down) and used tape to create the mattresses. At the bottom, they used a real pea seed. This was a great activity for math and patterning.

This was also a month of drama activities where children could act out stories. Our first was The Three Little Pigs. We had every prop available to retell the story, by the children. We took this same activity for The Three Billy Goats Gruff. Not only did we have the props, we had a bridge building day. What was also wonderful, is that Vermont Institute of Natural Science came and did a whole activity on bridge building. We are very fortunate to have this service. We moved onto Jack and the Bean Stalk and planted our very own green bean seeds. We are awaiting the magic beans to grow. We were very fortunate to have a library close by to get some exciting versions of fairy tales. It was interesting to compare them all.

We had to learn about wolves because so many of these stories have them as the villain. Wolves are intelligent, caring, playful and above all devoted to the pack. They educate their young and live in family groups. We do not have wolves living in Vermont.

We ended the month with rainbows, unicorns and fairies. We painted rainbows and then made unicorns to go with them. We created fairy houses out of pure white flower pots in hopes that the houses will attract fairies in the spring.

We are happy to announce that we will be having a story teller join our classroom, once a week, until March. This service is provided through a grant. His name is Merv and has vast experience with

storytelling with littles. We will work together to implement books into our theme. I am happy that this is a gentleman!!!

WE FOUND A BABY WORM IN OUR WORM HABITAT!!!!

We will swim into ocean exploration next month. Get ready for sharks and jellyfish!



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

Fran Lynggaard Hansen

I Can Dress Myself!

I was speaking with a Head Start employee who was telling me a story about her grandson. She shared that she had been helping him on with his coat at home, when she remarked to him that since he was five, he needed to start learning to put his winter gear on by himself. His reply to her? "Oh, Memaw, I know how to do it, I just let you because YOU like to do it!"

Is it possible this scenario plays out in your home? All the children at Head Start put their own winter clothing on by themselves. In every classroom there are posters that remind children with pictures that first come the snow pants, then boots, then coat, then hat, and lastly, the mittens. We praise and encourage independence.

Your kids are so very capable and proud of their abilities!

Ask your child to show you the special way they've learned to put their coat on all by themselves. While some might still need a bit of help with the zippers, you'll be amazed by your child's ability to ready themselves for the great outdoors. The crowning glory? The smile on your child's face when they proudly proclaim, "I did it all by myself!"

News from the Education/Disabilities Services Manager

Jodi Farashahi

The cold is finally here! As a reminder, make sure that your child has an extra set of clothes, and their winter gear (snow pants, coat, hat, mittens, snow boots) when the temperature does allow for them to get outside and enjoy the crisp air!

Teachers are now finishing up winter assessments on children, and will be sharing information at the third parent teacher conference scheduled for March 3, 2023. Centers will be closed on this date, so please make sure to schedule a time with your child's teachers.

News from the Health and Nutrition Manager

Heather Frye

Healthy Food Shopping

Parents try to serve their kids a variety of healthy foods, and going to the grocery store is an important step in this process. The items we put in our shopping carts week after week can boost kids' health — and give them a positive attitude toward nutritious food.

But those tempting displays of tasty snacks and fruity drinks can make it easy to end up with a cart overloaded with stuff that doesn't offer much nutritional punch. These tips can help you keep the focus on healthy options:

Make a List



A list can keep you on track — especially if you base it on a meal plan for the week. Focus your week's menus on wholesome, nutritious ingredients such as fresh and frozen fruits and vegetables, lean meats and poultry, fresh fish, whole grains, and low-fat dairy products.

When feeding your family, keep these guidelines in mind:

Serve vegetables and fruits every day.

Limit juice intake.

Use vegetable oils (especially ones high in monounsaturated fat such as olive and canola) and soft margarine low in saturated fat and trans-fatty acids instead of butter, shortening, or most other animal fats.

Serve whole-grain rather than refined-grain breads, cereals, pasta, and rice products.

Restrict sugar-sweetened beverages and foods.

Use nonfat or low-fat milk and dairy products daily.

Serve more fish, especially oily fish that is broiled or baked.

Reduce salt.

Other Healthy Options

OK, fruits and veggies are on your shopping list. What else? Consider adding these staples:

Meats and beans: Fish (fresh and frozen, also canned light tuna and salmon); lean chicken and turkey (no skin); lean hamburger and beef; pork chops. Non-meat choices include soy products, dried beans, nuts and seeds.

Grains and cereals: Whole-grain bread, tortillas, pasta, cereals, oatmeal, brown rice, bulghar (cracked wheat), barley, and quinoa.

Dairy and eggs: Low-fat or nonfat dairy products, including milk, yogurt, cheese, and calcium-fortified soy milk.

Follow a Healthy Path in the Store

If you shop in a grocery store, focus your shopping on the store's outer aisles. These usually contain the healthiest foods — produce, dairy products, and fresh meat and fish.

Next, move to the inner aisles, where you'll find important items like canned and frozen fruits and vegetables, cereals, sauces, and baking supplies. But those inner aisles also contain more expensive and less healthy prepared foods and snacks. By visiting the inner aisles later in your shopping trip, you reduce the chances that you'll overdo it on snacks and processed foods.

When possible, visit farmers' markets and produce stands in your area for the best that local growers have to offer. The recent growth in "farm-to-city" groups

means that farmers bring their produce directly to you and that more produce stands are now open in local neighborhoods. Food co-ops are another good source of healthy food because these member-run organizations tend to buy organic or pesticide-free produce, and work with local growers to provide the freshest food possible. Health food and specialty stores also can be worth the extra trip to find a wider variety of foods and brands.

Wherever you choose to shop, it pays to know the time of year that your favorite fruits and vegetables are in season. Buying in-season produce is often a bargain in taste and reduced price. But try not to buy more than you can use or store before it spoils.

A good way to teach your kids about seasonal produce is by visiting a farm, orchard, or berry patch where they can pick the fresh goodies themselves.

Choosing and Storing Produce

When you don't pick it off the vine yourself, how do you know produce is fresh? From green beans to cantaloupe, all fruits and vegetables give hints about their ripeness and freshness:

- Choose vegetables that look fresh and colorful. Most should be crisp and firm. Don't buy vegetables such as green beans, for example, if they're limp or showing signs of decay.
- When choosing fruits, avoid bruised pieces, but remember that a perfect exterior doesn't necessarily mean the best quality. The best cantaloupe, for example, will have a yellowish cast and may be

misshapen, but it will smell pleasantly sweet.

Careful storage means that [fresh produce](#) will last longer. Some vegetables will keep in the refrigerator for 2 to 5 days; others, including cabbage and root vegetables, like carrots, will keep even longer. Store potatoes and onions in a cool, dark place for maximum freshness.

Frozen and Canned Fruits and Veggies

Fresh produce is delicious, but frozen and canned fruits and vegetables are convenient. Spoilage is much less of a concern, and high-quality brands will rival fresh produce when it comes to taste and nutrition. One study found that dishes prepared with canned ingredients were just as appealing as ones that contained fresh or frozen produce.

Whether frozen or canned, you'll want to check the label to see what you're buying. Some frozen vegetables, for instance, are packaged with extra salt and fat. Instead, choose products without any sauces or additives. With canned fruits, look for varieties that pack the fruit in juice, not syrup.

And just as you wouldn't buy fruit that's bruised, don't buy a package of frozen vegetables if the bag is ripped or the box is soggy or torn. With canned products, watch out for any can that has a large dent, a swollen appearance, or is leaking.

Make Room for a Treat

As you focus on a healthy lifestyle for your family, you might be tempted to ban snacks and treats. But completely eliminating sweets and favorite snacks can backfire — if kids feel deprived, they might overeat off-limits foods when they're not home.

Instead of taking a hard line or completely giving in, aim for moderation. Try not to talk about "bad foods," and let your kids choose an occasional treat at the grocery store or at home. A child who likes chips and dip, for instance, could choose a lower-fat bag of chips and a jar of salsa at the store. Then when you get home — olé! Put out small bowls of chips and salsa and its snack time!

Reviewed by: [Mary L. Gavin, MD](#)

Date reviewed: November 2014

Black Bean Soup

Black beans are a great source of vegetarian protein. This easy soup can be served with a dollop of sour cream and your favorite guacamole and tortilla chips. Use a food processor to create a thick texture.



This recipe was provided by Ramona Hamblin. Check out more of her recipes in her cookbook: [just cook here's how.](#)

Ingredients Serves 4

- 1 Tbsp. canola oil
- 1 small onion, chopped
- 1 Tbsp. chili powder
- 1 tsp. ground cumin

- 2 15-oz. cans black beans, rinsed
- 3 cups water
- 1/2 cup prepared salsa
- 1/4 tsp. salt
- 1 Tbsp. lime juice
- Plain yogurt or sour cream, as a garnish

Instructions

1. Heat the oil and sauté the onion until translucent.
2. Add chili powder and cumin and cook for another 2 minutes.
3. Add beans water, salsa and salt and simmer for about 10 minutes.
4. Puree everything in a food processor
5. Serve warm with yogurt or sour cream.

If you would like to revisit this recipe on our website, please follow the link below.
<https://thefamilydinnerproject.org/budget-friendly/week-of-april-20-2020/view/monday>



Birthday News for February



Chester Community Preschool
CCP1- Amelia G. 2/2 and Gracelynn Z. 2/6

Pine Street Preschool
Daisy- Lexus M. 2/17
Willow- Cordelia J. 2/26 and Storm L. 2/2

The Children's Place
Bentley A. 2/20

Staff

CCP2 Teacher-Randi S. 2/16
Willow Teacher Associate-Nicholle V. 2/18
Health & Nutrition Manager-Heather F. 2/25

NEWS FROM THE FAMILY/COMMUNITY/MENTAL HEALTH MANAGER

BARBARA VANDENBURGH

ARE YOU PREGNANT, OR PARENTING A CHILD THROUGH AGE EIGHT?

HELP ME GROW VERMONT CAN ANSWER QUESTIONS ABOUT YOUR CHILD'S DEVELOPMENT AND BEHAVIOR, AND CONNECT YOU WITH THE RESOURCES YOU NEED, INCLUDING PREGNANCY RELATED, OR POST PREGNANCY DEPRESSION OR ANXIETY.

HMGVT IS AVAILABLE MONDAY-FRIDAY 8:00AM-5:00PM BY DIALING 211 AND CHOOSING OPTION 6, OR BY TEXTING "HMGVT" TO 898211, OR BY EMAIL INFO@HELPMEGROWVT.ORG



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Join us for a FREE 6 week modified parenting series
IN PERSON at the Springfield Area Parent Child Center
Tuesdays, February 7 – March 14, 2023
5:30 - 7:00 pm

Dinner Included

Certificates presented for those who complete the program.



To sign up or ask questions email
kayla.bapp@wsapcc-vt.org or staceys@sapcc-vt.org
You can also register online at
<https://forms.gle/hs77TAv3evTdZBfC9>

WHITE RIVER JUNCTION FAMILIES (OR ANY FAMILY WHO WANTS TO TRAVEL TO THE FAMILY PLACE IN NORWICH)

JOIN THE FAMILY PLACE AND DAD COACH, [DUSTIN BRULEY](#), FOR ANOTHER ROUND OF OUR POPULAR [DAD GROUP](#) IN FEBRUARY! THIS DROP-IN GROUP MEETS WEEKLY ON WEDNESDAY EVENINGS ON ZOOM FROM 6-7 PM. THIS GROUP IS INTENDED TO SUPPORT FATHERS (AND MALE CAREGIVERS) IN ACHIEVING THEIR GOALS WHILE BECOMING MORE CONFIDENT IN PARENTING. FOR MORE INFORMATION AND TO JOIN THE MAILING LIST WITH THE WEEKLY ZOOM LINK, CONTACT TIA FOTION (TIAF@THE-FAMILY-PLACE.ORG).

Monday

Tuesday

Wednesday

Thursday

Friday



6
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

7
Breakfast
 Whole Wheat Bagel
 Applesauce
 1% unflavored milk
Lunch
 Chicken Alfredo with a Twist
 Green Beans
 Cantaloupe
 1% unflavored milk
Snack
 Graham Cracker
 Yogurt

8
Breakfast
 Breakfast Burrito with Salsa
 Peaches
 1% unflavored milk
Lunch
 Beef Vegetable Soup
 Baking Powder Biscuit
 Peas
 1% unflavored milk
Snack
 Red Grapes Halves
 Cheddar Cheese Chunks

9
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

10
Breakfast
 Breakfast Muffins
 Mixed Fruit
 1% unflavored milk
Lunch
 Lunchables (deli meat, cheese, whole wheat crackers)
 Celery Sticks
 Orange Smiles
 1% unflavored milk
Snack
 Monkey Snack (banana & peanut butter)
 1% unflavored milk

13
Breakfast
 Cold Cereal
 Cheddar Cheese Chunks
 Applesauce
 1% unflavored milk
Lunch
 Chicken Salad Sandwich on Whole Wheat Bread
 Spinach/Tomato
 Wonderful Watermelon
 1% unflavored milk
Snack
 Kale Chips
 Whole Wheat Crackers

14
Breakfast
 Mango Smoothie Bowl
 1% unflavored milk
Lunch
 Pizza with Ground Turkey
 Pizza Green Beans
 Grape Halves
 1% unflavored milk
Snack
 Peanut Butter & Apple Wraps
 1% unflavored milk

15
Breakfast
 Scrambled Eggs
 Blueberries
 1% unflavored milk
Lunch
 Sloppy Joes on Whole Wheat Roll
 Garden Party (tossed salad)
 Peaches
 1% unflavored milk
Snack
 Whole Wheat Goldfish
 Pepper Slices

16
Breakfast
 Oatmeal
 Mixed Fruit
 1% unflavored milk
Lunch
 Oodles of Noodles
 Turkey Rolls
 Perfect Pineapple
 1% unflavored milk
Snack
 Cottage Cheese
 Celery Sticks

17
Breakfast
 Whole Wheat English Muffins
 Peas
 1% unflavored milk
Lunch
 Stir-Fried Green Rice, Eggs and Ham
 Cheddar Cheese Cubes
 Honey Cinnamon Carrots
 Strawberries
 1% unflavored milk
EARLY RELEASE

20
CLOSED

21
CLOSED

22
CLOSED

23
CLOSED

24
CLOSED

27
Breakfast
 Cold Cereal
 Cottage Cheese
 Peaches
 1% unflavored milk
Lunch
 Ham & Cheese on Whole Wheat Bread
 Romaine Lettuce/Tomato
 Wonderful Watermelon
 1% unflavored milk
Snack
 Middle of the Road Rascals (celery, whole wheat animal crackers, peanut butter)
 1% unflavored milk

28
Breakfast
 Banana Split Yogurt Parfait (cereal, banana, yogurt)
 1% unflavored milk
Lunch
 Greek Chicken Whole Wheat Pita
 Greek Chopped Salad
 Honey Dew
 1% unflavored milk
Snack
 Apple "cookies" (apple slices topped with peanut butter & diced strawberries)
 1% unflavored milk

This institution is an equal opportunity provider.

Menu subject to change

Menu subject to change

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Menu Subject to Change</p>		<p>1 Breakfast Banana Bread Squares Pears 1% unflavored milk Lunch Chicken Salad with Whole Wheat Crackers Snap Peas Grape Halves 1% unflavored milk Snack Veggiewiches (cucumber slices with ham and cheese in between) with Ranch 1% unflavored milk</p>	<p>2 Breakfast Breakfast Whole Wheat Wrap, with Peanut Butter, Bananas and Blueberries (make your own) 1% unflavored milk Lunch Tuna Salad on Whole Wheat Bread Strawberry Spinach Salad Mangos 1% unflavored milk Snack Ants on a Log (celery, Peanut Butter, Goldfish) 1% unflavored milk</p>	<p>3 Breakfast Whole Wheat Pancakes Applesauce 1% unflavored milk Lunch Egg Salad on Whole Wheat Pita Broccoli Trees Honey Dew 1% unflavored milk Snack Tootie Fruitie Salad Rice Cakes</p>
<p>6 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</p>	<p>7 Breakfast Whole Wheat Bagel Applesauce 1% unflavored milk Lunch Chicken Alfredo with a Twist Green Beans Cantaloupe 1% unflavored milk Snack Graham Cracker Yogurt</p>	<p>8 Breakfast Whole Wheat Pancakes Peaches 1% unflavored milk Lunch Beef Vegetable Soup Whole Wheat Roll Pears 1% unflavored milk Snack Red Grapes Halves Cheddar Cheese Chunks</p>	<p>9 Breakfast Yogurt Cereal Honey Dew 1% unflavored milk Lunch Chicken Fajitas Cauliflower Strawberries 1% unflavored milk Snack Rice Cakes Pepper slices</p>	<p>10 Breakfast Breakfast Muffins Mixed Fruit 1% unflavored milk Lunch Lunchables (deli meat, cheese, whole wheat crackers) Celery Sticks Orange Smiles 1% unflavored milk Snack Monkey Snack (banana & peanut butter) 1% unflavored milk</p>
<p>13 Breakfast Cold Cereal Cheddar Cheese Chunks Applesauce 1% unflavored milk Lunch Chicken Salad Sandwich on Whole Wheat Bread Spinach/Tomato Wonderful Watermelon 1% unflavored milk Snack Cantaloupe Whole Wheat Crackers</p>	<p>14 Breakfast Mango Smoothie Bowl 1% unflavored milk Lunch Macaroni & Cheese Ham Chunks Green Beans Grape Halves 1% unflavored milk Snack Peanut Butter & Apple Wraps 1% unflavored milk</p>	<p>15 Breakfast Scrambled Eggs Blueberries 1% unflavored milk Lunch Sloppy Joes on Whole Wheat Roll Garden Party (tossed salad) Peaches 1% unflavored milk Snack Whole Wheat Goldfish Pepper Slices</p>	<p>16 Breakfast Oatmeal Mixed Fruit 1% unflavored milk Lunch Turkey Rolls Whole Wheat Bread Cauliflower Cottage Cheese Perfect Pineapple 1% unflavored milk Snack Grape Halves Celery Sticks</p>	<p>17 Breakfast Whole Wheat English Muffins Pears 1% unflavored milk Lunch Tuna Salad on Whole Wheat Crackers Cheddar Cheese Cubes Honey Cinnamon Carrots Strawberries 1% unflavored milk EARLY RELEASE</p>
<p>20 VACATION</p>	<p>21 VACATION</p>	<p>22 VACATION</p>	<p>23 VACATION</p>	<p>24 VACATION</p>
<p>27 Breakfast Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk Lunch "Say Cheese" Grilled Ham & Cheese on Whole Wheat Cauliflower Pineapple 1% unflavored milk Snack Bananas in a Sleeping Bag (banana wrapped in whole wheat tortilla)</p>	<p>28 Breakfast Whole Wheat Bagel Honey Dew 1% unflavored milk Lunch "Lunchables" (cheese, deli meat, whole wheat crackers) Carrot Sticks Grape Halves 1% unflavored milk Snack Strawberries 1% unflavored milk</p>	<p>This institution is an equal opportunity provider.</p>		

Protein



WIC APPROVED ACTIVITY

Today your child learned about proteins 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.

- Protein provides nutrients that help all kids grow.
- Protein foods include seafood, meat, poultry, eggs, beans, peas, nuts and seeds. When choosing protein foods select a variety of lean meat and poultry.
- It is common for children to dislike or refuse protein foods. Encourage them to try protein and eat it yourself. Just keep trying! 😊

Chili Recipe

Ingredients

- 1 pound ground beef or turkey
- 1 large white onion, diced
- ¼ cup water
- 2 14-ounce cans diced tomatoes
- 2 tablespoons chili powder
- 2 15-ounce cans beans, rinsed and drained

Directions

1. In a large pot, cook the ground beef and onion over medium heat until beef is browned, about 7-8 minutes. Stir every now and then to help crumble up the meat.
2. Drain the meat mixture and return to pan. Add chili powder and stir well.
3. Add the beans, water, and diced tomatoes to the pot and bring to a slow boil. Cover and reduce heat to low; simmer for 20 minutes. Then uncover and simmer for an additional 5 minutes, stirring occasionally.
4. Put chili into bowls and serve hot!