

SEVCA Head Start Newsletter

Monthly Newsletter for April 2024



From the Desk of the
Director . . .

Dear Parents & Staff,



Happy Spring! It is now officially Spring, and the weather will hopefully be better! March had a hard time to figure out what weather it wanted to share with us!

We held our Self-Assessment meeting March 15th and had a day full of sharing data sets and determining the strengths and areas that we need to focus on for the next program year. A HUGE thank you to everyone that participated! We had a total of 18 participants, which consisted of parents, staff, Policy Council and Board members...thank you all for taking the time to join us for this exciting day to digging deep into the data and see the story it is telling us! I hope this was an enlightening process for you. The results will be included in next month's newsletter.

Parent Surveys were sent home in March, so the results will be shared soon. Thank you to everyone that completed the survey! Your feedback is important to us and this is how we keep

our program successful and make the changes needed to ensure we continue to meet the needs of the communities we serve.

We are still waiting to hear back from the Office of Head Start about our Focus Area 2 review we had at the end of November 2023, the Change of Scope plan we submitted the end of January 2024 and the CLASS report that we completed in January. We will pass on the results of these three items as soon as we know.

We are also working on recruitment for 2024-2025 program year. We hope you will help us recruit for our program, so please see staff if you know of a family that would be interested in attending our program.

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

Sincerely,
Lori Canfield
Head Start Director

Important Dates to Remember:

April 5, 2024 ~ Early Release, Ed Meeting; Child Care Open

April 8-12, 2024 ~ April break: CCP, PSP and Windsor Centers CLOSED; Child Care Open

April 16, 2024 ~ In-Service Training Day; Centers and Child Care CLOSED

April 17, 2024 ~ Policy Council Meeting; 9:30 AM

February In-Kind: Pine Street Preschool's Daisy Room are the winners for the most In-Kind collected! Woo, Hoo!



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

Chester Community Preschool:

CCP1: Kane M. and Kaylee T.

CCP2: Ellum N.

Pine Street Preschool:

Daisy Room: James B.

Willow Room: Alexander G.

The Children's Place:

Ezekiel M. and Zayne S.

Classroom Updates...

Chester Community Preschool

CCP1

Ms. Jodie, Ms. Karie and Ms. Meagan

It seems as though our early Spring has arrived with the month of March.



This month we studied everything Fairytale and Nursery Rhymes. We were the itsy-bitsy spiders that crawled up the water spout. We were even Little Miss Muffet and sat on our tuffet and were scared away by the spider! We sang Humpty Dumpty and Hickory Dickory Dock, and many other nursery rhymes!

We got to make our own clocks with a mouse that ran up it, and got a chance to put Humpty Dumpty together again after he had his great fall!

We read Jack and the Bean Stalk and got to make our own bean stocks... We cannot wait to see how big they will grow!

We learned about the letter K and all the words we know that start with K. We even made our big letter K into a King!

And who knew... Humpty Dumpty has his own rap song! Jack Hartman is the singer and the kids loved it! We found it on Apple music, but can be searched for and played online as well!



And of course, Miss Carrie came and read us some stories. We cherish our time when Miss Carrie comes to see us and we hope that maybe we can visit her in April!

Miss Cody also came to see us this month, and boy does she not disappoint! She brought all her things about spiders and we learned so much! Did you know that spiders have eight (8) eyes and eight (8) legs?

We hope that everyone is enjoying this beautiful weather we are having!

With warm weather comes April and we cannot wait to start our Unit on the Ocean!

CCP2

Ms. Randi, Ms. Andi and Ms. Michohn

Hello Everyone! In March, we have been learning about Dr. Seuss and reading many of his books. Our projects have been Seuss themed with things like making Trufula trees and a fish bowl with one red fish and one blue fish. One of the most fun things we did was make Ooblek, the kids had an absolute blast!

We have also been learning some new letters; A, H, Z, and S. For A, we

stamped with half an apple so as to leave the print of the apple. For H, we colored our H's with red and white stripes to look like the cat's hat in "The Cat in the Hat".

In dramatic play we have the Cat's Café for the kids to buy and sell food items and dress up in cat hats and chef coats and hats.

This week's nutrition project will be making cat hats out of strawberries and bananas. For family breakfast day, the children made banana muffins to share with their families.

In April, we will be learning about the ocean! In this theme we will be learning the letters O, X, and N. We will be learning about the creatures in the ocean, and will have many fun ocean themed projects and nutrition plans. See you in April!

Chester Community Preschool's Family Partner

Goodbye March, Hello April! A big thank you to our families who were able to attend our coffee clutch. I hope you enjoyed it as much as I did! A special Thank You to Beth Gould for creating our quilted Hand Prints! They are beautiful mementos and we appreciate your continued contribution to our center.

I will continue to schedule our 2nd Home Visit. I appreciate your continued support and allowing me into your homes for these visits.

This month we have a Gardening Workshop presented by our very own

Lindsay DeCell who will guide us through the workshop.

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

Phone: (802) 460-0297

E-Mail: kmurphy@sevca.org

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



Don't forget to like us on Facebook:

SEVCA Head Start

Pine Street Preschool

Daisy Room

Ms. Jen, Ms. Alyssa and Ms. Felicia

We cannot believe it is already April! This past month we had so much fun learning all about the ocean!

We transformed our dramatic play area into a submarine and the children absolutely loved it.



We did many activities with sea creatures and sea shells/sand as well.

Some of these activities include making a starfish with cheerios, stamping sea shells into play-doh, using salt water to see what floats, clothespin sharks and painting fish with bubble wrap.

In the month of March, we also had a great family breakfast. The kids always enjoy when their families come and enjoy a meal with them.

The weather warmed up a little for us and we got to enjoy some more outside time as well. On some of the colder days we made awesome obstacle courses in the classroom!

For the month of April our theme will be transportation. We hope to have different forms of transportation come by so the kids can see, we think they will really enjoy this!

We will also have another visit from our tooth tutor and VINS! We can't wait for the different activities we will do for transportation and hope that the kids enjoy them!

Willow Room

Ms. Ruby, Ms. Nicholle and Ms. Sadie

Hi friends! Wow, It's already Spring! March was such a pretty exciting month for all of us. We learned about authors and books. We learned about the lives of the famous authors and illustrators, Dr. Seuss and Eric Carle. We also spent a week reading Pete the Cat books. We've learned that an author is the one who writes the words in the book and an illustrator puts or creates pictures in the books or magazines.

We've read Dr. Seuss books such as The Cat in the Hat, What Pet Should I

Get, Oobleck and more. We made oobleck too! It was really fun! It's amazing how something can be a solid and a liquid at the same time.



We also did Cat in the Hat names, drew a pet, and of course learned more about words that rhyme. Dr. Seuss taught us so many words that rhyme.

Eric Carle, too, had so many amazing and colorful books. One of our favorite books that we read was The Hungry Caterpillar. We did caterpillar patterning activity and caterpillar counting as well. We also read the book the Grouchy Ladybug and did Grouchy ladybug craft and share things that make us grouchy. Well, the story really taught us how to manage our feelings and to be kind and respectful with others.



It's getting warmer and we are really enjoying our time at recess.

In April, our theme is going to be about Spring!

Pine Street Preschool's Family Partner Happy April!

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



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

8 WAYS TO DECLUTTER YOUR MIND

1. ACCEPT WHAT IS
2. BE KIND TO YOURSELF
3. RELEASE YOUR GUILT AND FEARS
4. LET GO OF CONTROL
5. VISUALIZE WHAT'S IMPORTANT TO YOU
6. FOCUS ON YOUR LIFE-FORCE ENERGY
7. ALLOW YOURSELF TO BE VULNERABLE
8. FIND WHAT DOESN'T SERVE OR INTEREST YOU AND LET IT GO

GAIANTV.com

SPRING CLEAN

Top-to-Bottom

<p>Step 1</p> <p style="color: blue; font-weight: bold;">Top</p> <p>Step 2</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dust tops of kitchen cabinets <input type="checkbox"/> Dust tops of doors and windows <input type="checkbox"/> Clean light fixtures <input type="checkbox"/> Remove cobwebs <input type="checkbox"/> Wash blinds <input type="checkbox"/> Lint brush or vacuum curtains <input type="checkbox"/> Check smoke alarms <input type="checkbox"/> Dust ceiling vents <input type="checkbox"/> Dust pictures and artwork <input type="checkbox"/> Clean top of fridge <input type="checkbox"/> Wash windows <input type="checkbox"/> Clean front door <p>Step 3</p> <p style="color: blue; font-weight: bold;">Middle</p> <ul style="list-style-type: none"> <input type="checkbox"/> Vacuum upholstered furniture <input type="checkbox"/> Flip mattress <input type="checkbox"/> Scrub shower and tubs <input type="checkbox"/> Clean out freezer <input type="checkbox"/> Deep clean oven <input type="checkbox"/> Change furnace filter <input type="checkbox"/> Dust flat surfaces <input type="checkbox"/> Wipe out kitchen cabinets and drawers 	<p style="color: red; font-weight: bold;">De-clutter & Dishes</p> <p>Step 4</p> <p style="color: blue; font-weight: bold;">Bottom</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pull out furniture and clean under it <input type="checkbox"/> Dust baseboards <input type="checkbox"/> Clean under beds <input type="checkbox"/> Pull out fridge and clean behind it <input type="checkbox"/> Pull out stove and clean behind it <input type="checkbox"/> Scrub/reseal tile, grout, caulking in bathrooms and kitchens if needed <input type="checkbox"/> Clean the bottom of all toilets <input type="checkbox"/> Wipe out cabinets under all sinks <input type="checkbox"/> Check dryer vent hose <input type="checkbox"/> Wash bed skirts <input type="checkbox"/> Vacuum bottom of closets <input type="checkbox"/> Sweep garage <input type="checkbox"/> Dust clean air returns <input type="checkbox"/> Mop floors <input type="checkbox"/> Clean garbage cans <input type="checkbox"/> Spot clean carpet stains <input type="checkbox"/> Wash kick plate in kitchen
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ClutterBug.Me

SPRING CLEANING CHECKLIST

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

Community Event: Week of the Young Child is April 6th from 9-12 at Riverside Middle School in Springfield. Please join us for some fun free activities!

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

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

Thank you,
Lindsay DeCell
Family Partner

Northwood's Preschool

This center hasn't been able to open this year due to staff shortages.

Children's Place Preschool

Ms. Susan, Ms. Denise and Ms. Mimi

We clucked right into the month of March and learned about Farms!

We started off by learning about chickens and learned about their life cycle, and what is inside of an egg once it is laid. We cracked open an egg and the kids took guesses naming what was inside! There's the eggshell, albumen, germinal sac, air cell and the

yolk. Then they got to do an activity where they made their own egg and placed the names on the correct spot.

Another fun activity we did was making barns out of several shapes, and then we headed to the library to pick out fun books on different animals that live on farms. One very special animal that lives on a farm is a cow, and we learned that they not only make milk they have one stomach but they have four different compartments called, the rumen, the reticulum, the omasum, and the abomasum. We even got to see where their food comes from on a farm, which we learned is called a Silo. That is where their food such as, corn is stored. The kids enjoyed watching a video on how the milk is extracted from the cow and they even tried different types of milk ranging from whole milk to 2 % and 1% milk, they shared their thoughts on how each milk tasted differently or the same. That was followed by an activity where they got to make their own Silo and put what they would eat, it was very amusing to see what they would eat if they were a cow!

On top of learning about many animals, we also had very special guests come visit our classroom, one of them being Mr. Marv! He played fun games with the kids and read fun books.



Another special guest was Ms. Hannah from VINS, we played songs and we even got to be scientists! The kids got to see what happened if you combined whole milk, with dish soap and food coloring. Their reactions were legen-dairy! The last experiment that we did was mixing baking soda with water and then vinegar, they loved seeing the reaction the baking soda had with vinegar.

Aside from all of the egg-citing activities that we did about animals and farms, we also went on walks to the train station, celebrated Ms. Denise and our friend Zeke's birthday, we even began learning about the "at" family!

We practiced having a real fire drill this month as it is important that we are prepared on how to respond in case there is a real fire.

Ms. Susan began helping the kids identify and sound out different letters in front of the word "at". By the end the kids were able to read several words!

One of the activities that we did was taste 4 different types of cheeses, Cheddar, Mozzarella, Sharp Provolone and Fontina. The kids started off by smelling them and

telling us if they smelled the same or looked the same, then we began the fun and tasted them. We wrote our thoughts and placed our names on our favorite cheeses. By popular demand, their favorite cheese was the Mozzarella! Then we asked Mr. Alec our maintenance man if he would like to try all four cheeses and his favorite was also the Mozzarella!

At the end of the month, we celebrated with having an alphabet soup party for finishing our alphabet! Such a great accomplishment!

Thank you for participating in parent teacher conferences and for participating in decorating egg ornaments for Easter.

Next month we will be learning about all things Spring! We look forward to sharing all the fun we have!

[From the Desk of the Family Partner
for The Children's Place Preschool](#)

Jessica Parmenter



Hello Families! Spring is here! It is so hard to believe that we are in April, and that we only have a short time left together.

We are getting close to the end of the year, so if I haven't scheduled a home visit with you already, I will be doing so soon.

Tax season is almost over! If you need assistance filing your taxes you can get help through SEVCA VITA (this is a

FREE program for Windsor County Residents!)

Find more information at:
<https://sevca.org/tax-services>

For our March parent meeting we did some egg decorating in the classroom, which was a blast!

This month there will be a gardening workshop where we will be creating some started plants.

Just a reminder, we have spring break the second week of April, and we are closed April 16th for staff in-service.

If anything comes up for you or your family before our home visits, let me know and we can schedule a time to meet!

Jessica Parmenter

Family Partner

Children's Place Preschool

802-674-8008

jparmenter@sevca.org

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

Susan Brown

I have had great visits to The Chester Community Preschool. This last month was spent in both classrooms where I shared a meal and played with children on the floor. I also brought in spinning tops to show children how a spin of a top can create a motion. We decided to take a wooden road piece and see what would happen if we spun the top, at the top of the track. Our thought was that it would spin down the track and onto the floor. We found

that the top spun off the track half way down. We then tried the top in the middle of the track. IT WORKED! The top spun down the track and onto the floor where it kept on spinning. It seems like a simple "thing" but this activity sparked curiosity and conversation around why, how come and I wonder.

I was happy to go visit Pine Street Preschool this month. This is my first opportunity to meet all the children and see one of my students, who transferred recently. Wow, what a busy and fun center. This visit was listening, watching and learning names of the kids. Perhaps the next visit I will bring along my bag of toys.

As Practice-based Coach, I am checking in with those I am coaching. This means we are making goals, talking about how specific goals could be met and questions concerning teaching strategies. Many goals have been established and every single one has been achieved!! We then move onto new goals. It has been a pleasure to work with these talented teachers.

I look forward to playing in the classrooms next month whether it be sitting on the floor with blocks, reading a good book or sharing stories at meal times. Happy Spring to all!

News from the Education/Disabilities Services Manager

Jodi C. Farashahi

Happy Spring! The days are getting longer and warmer, and teachers are hoping to plan more outdoor activities

with children to take advantage of the fresh air!

Teachers continue to collect observations for spring assessment. They will also begin sharing letters with the Kindergarten classrooms and learning about what to expect in Kindergarten.

Bring on that sunshine!



News from the Health and Nutrition Manager

Heather Frye

COMPOSTING WITH CHILDREN

Want to make some small changes to help the environment but not sure where to start? Composting is a great way to reduce your family's carbon footprint and teach your kids some important life lessons.



Why Compost?

Here are a few great reasons to get into composting with your kids:

- **It's great for our planet:** Our food waste can't decompose properly in landfills where oxygen can't circulate. As it breaks down, it creates a harmful greenhouse gas called methane that contributes to climate change and pollutes our groundwater. Research shows

that composting at home for one year can save global-warming gases equivalent to the CO₂ a washing machine produces in three months!

- **It produces free fertilizer:** Once you've bought your compost bin, composting is free and provides you with nutrient-rich, chemical-free fertilizer for your plants.
- **It's educational:** It teaches kids how to reduce waste and care for our planet, it introduces them to science as they learn about decomposition, and it teaches them to be patient as they wait for the slow process to unfold.

An Easy Composting Activity For Kids

If you want to gauge your children's interest in composting before setting up a full-size bin, get them to make their own micro composters.

What you'll need:

- 1 wide-mouth glass jar with lid per child
- Food scraps (fruit and vegetable peels, meat-free leftovers, teabags, coffee grounds)
- Dry leaves
- Soil
- Spray bottle filled with rainwater

Have your kids throw a handful of soil into their jars, followed by a handful of food scraps and dry leaves. Alternate layers until the jars are full, finishing with a layer of soil. Spray the mixture with water until it's damp, but not too

wet. Place the lids on the jars and poke holes in them to let air in.

Write each child's name on their jar and place them on a sunny windowsill. When the top soil dries out, spray it with water. Take photos once a week or make marks on the jars to indicate the new "top." In about eight to twelve weeks, you should have beautiful, nutrient-rich soil.

Siobhan Nadler, our 802Smiles Hygienist, previously known as the Tooth Tutor, has been hired to work with our program. She has several job duties, including education in the classroom, talking with families about dental homes and visits. She has made contact with several families already and will follow up again in a month or so. We are happy to announce that Siobhan will be available to apply fluoride varnish on the teeth of all children enrolled in our program. Permission slips have been given to all families, please complete, even if you do not want your child to receive it, and return it to your child's teacher. Fluoride varnish is safe to apply four times a year. Head Start will contact your child's dentist prior to applying fluoride and after fluoride is applied. Siobhan is available to all families via her email, snadler@sevca.org.

There are a few dentists who are accepting new patients and VT Medicaid:

Chester Dental Center
55 VT 11, Main St.

Chester, VT
802-875-2878

Ludlow Dental Center

8 Main St.
Ludlow, VT
802-228-4446

Montshire Pediatric Dentistry (3 locations)

CLAREMONT

92 South St.
Claremont, NH
603-543-0455

KEENE

165 Winchester St.
Keene, NH
603-354-3895

HENNIKER

19 Hall Ave.
Henniker, NH
603-451-1479

Buttermilk Pancakes

Ingredients

- $\frac{1}{2}$ cup all purpose flour
- $\frac{1}{2}$ cup whole wheat flour
- 1 tablespoon sugar
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 1 cup buttermilk*
- 1 egg
- 1 tablespoon vegetable oil
- Additional oil for greasing griddle
- Butter and maple syrup for serving

*Some buttermilk is very thick. You may have to add a few tablespoons of regular milk if your batter is really

thick. To make your own buttermilk combine 1 tablespoon of white vinegar or lemon juice with 1 cup of milk.

Instructions

1. With a whisk combine the dry ingredients in a large bowl.
2. Add the buttermilk, egg and oil to the dry ingredients and whisk together until smooth. *
3. Use a paper towel to rub a little oil all over a griddle or large frying pan. Heat the griddle or large frying pan over medium heat.

*Add 1 peeled, shredded apple and $\frac{1}{2}$ teaspoon cinnamon to finished batter if you like. Cook as directed above.

*To make blueberry pancakes, sprinkle a few blueberries on each pancake immediately after you have poured the batter on the griddle. Continue as above.



4. For each pancake pour about 2 tablespoons of batter onto the heated griddle or frying pan.*
5. Flip when the pancakes begin to bubble on the top and the bottom is golden brown. Don't rush the flipping or you'll just end up with a big mess. Cook the second side for about 1 minute.

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

<https://thefamilydinnerproject.org/dinner-tonight/january-24-2020/>

Birthday News for April



Chester Community Preschool

CCP1- Asher U. 4/6

CCP2- Jackson S. 4/30

Pine Street Preschool

Daisy- None this month.

Willow- None this month.

The Children's Place

None this month.

Staff

Windsor Food Service Provider-
Rhiannon L. 4/9

Family/Community/Mental Health Service
Barb Vandenburg

FREE Event!

The 31st Annual

naeyc
Week of the Young Child™

Saturday, April 6
9AM-Noon
Riverside School
Springfield, VT

FAMILY & FESTIVAL

TOUCH-A-TRUCK



Join Head Start for this awesome event, sponsored by
The Springfield Area Child Center and the Edgar May!
This a great time for families. There is no charge and lots of FREE activities!!

Gardening 101:

Head Start staff will be presenting some tips on how to garden this month.
We will also have free seeds and supplies for families.



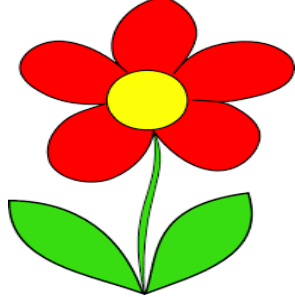
Monday

Tuesday

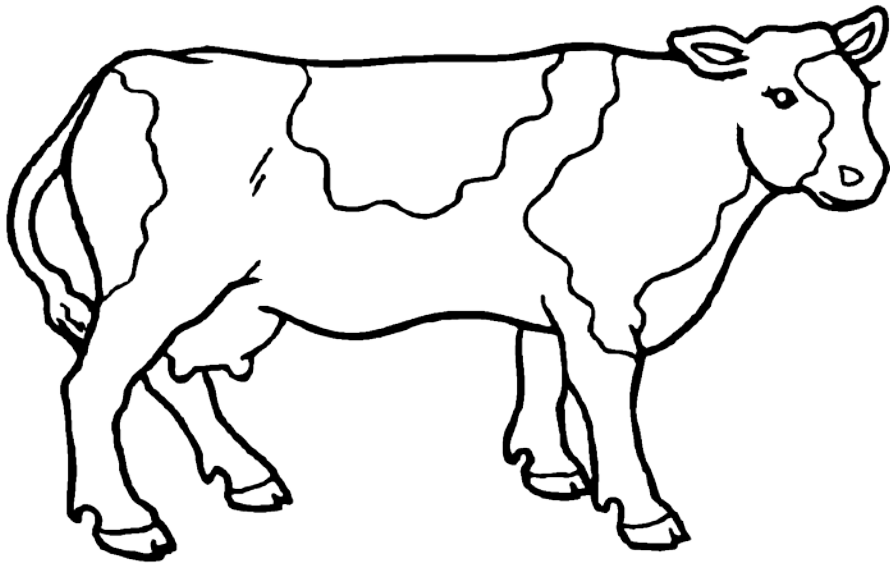
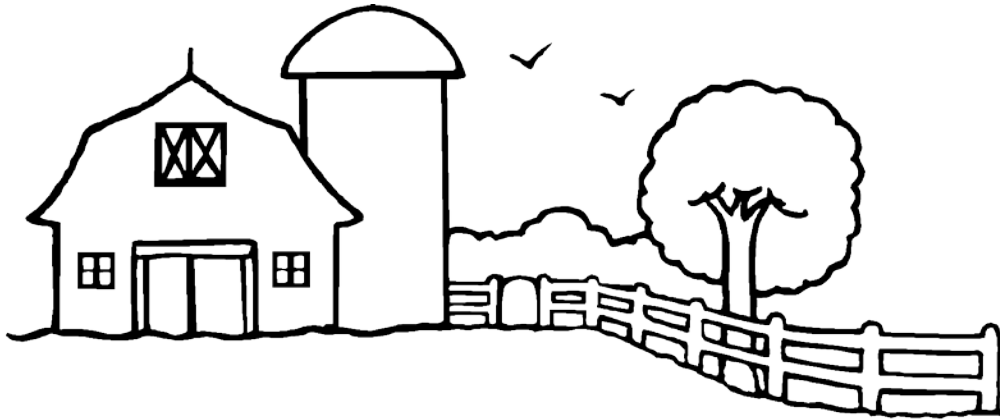
Wednesday

Thursday

Friday

<p>1 Breakfast Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk Lunch "Say Cheese" Grilled Ham & Cheese on WGR <i>Tropical Bean Salad</i> 1% unflavored milk Snack Bananas in a Sleeping Bag (banana wrapped in WGR tortilla)</p>	<p>2 Breakfast WGR Bagel Honey Dew 1% unflavored milk Lunch <i>Vegetable Chili</i> Cheddar Cheese Chunks WGR Roll Grapes 1% unflavored milk Snack Strawberries 1% unflavored milk</p>	<p>3 Breakfast WGR Toast Burst of Blueberries 1% unflavored milk Lunch Cheese Quesadilla (cheddar cheese, black beans, corn, WGR tortilla) with Salsa Corn Oranges 1% unflavored milk Snack Apples Yogurt</p>	<p>4 Breakfast Cold Cereal Peaches 1% unflavored milk Lunch <i>Chicken or Turkey Tacos on WGR yellow corn taco shells</i> All Mixed-Up Fruit Medley 1% unflavored milk Snack Yogurt Dip with Cucumber Sticks 1% unflavored milk</p>	<p>5 Breakfast Humpty Dumpty Eggs (Scrambled eggs with veggies) Bananas 1% unflavored milk Lunch Meatball Subs/WGR Roll Shredded Cheese Garden Party (Tossed Salad) Pears 1% unflavored milk Snack Fruit Medley WGR Crackers EARLY RELEASE</p>
<p>8 Breakfast Cold Cereal Cottage Cheese Peaches 1% unflavored milk Lunch Ham & Cheese on WGR Bread Broccoli Oranges 1% unflavored milk Snack <i>Mini Graham Cracker Berry Nut Butter (strawberries & peanut butter with graham crackers)</i> HS Closed/CC Open</p>	<p>9 Breakfast Banana Split Yogurt Parfait (cereal, banana, yogurt) 1% unflavored milk Lunch Chopped Brazilian Chicken in WGR Pita Greek Salad Honey Dew 1% unflavored milk Snack Apple 1% unflavored milk HS Closed/CC Open</p>	<p>10 Breakfast WGR English Muffin Watermelon 1% unflavored milk Lunch <i>Turkey Meatloaf with a WGR Roll</i> Green Beans Pineapples 1% unflavored milk Snack WGR Crackers Cheddar Cheese Chunks HS Closed/CC Open</p>	<p>11 Breakfast <i>WGR Pancakes</i> Applesauce 1% unflavored milk Lunch <i>Pasta Salad (WGR pasta)</i> Cheddar Cheese Turkey Rolls Pears 1% unflavored milk Snack Funny Face Rice Cakes (fresh fruit, or veggies on a rice cake) 1% unflavored milk HS Closed/CC Open</p>	<p>12 Breakfast WGR Bagel with Cream Cheese Cantaloupe 1% unflavored milk Lunch Lunchables (deli meat, cheese, WGR Triscuit crackers) Snap Peas Strawberries 1% unflavored milk Snack WGR Cinnamon Nachos <i>Fruit Salsa</i> 1% unflavored milk HS Closed/CC Open</p>
<p>15 Breakfast Cold Cereal Blueberries 1% unflavored milk Lunch Tuna on WGR Carrot Sticks Apple Slices 1% unflavored milk Snack WGR Goldfish 1% unflavored milk</p>	<p>16 CLOSED</p>	<p>17 Breakfast WGR Bagel with peanut butter Strawberries 1% unflavored milk Lunch <i>WGR Spaghetti and Meat Sauce</i> Broccoli Mixed Fruit 1% unflavored milk Snack Roasted Chickpeas Cucumber Slices</p>	<p>18 Breakfast Crunchy French Toast (WGR bread) Applesauce 1% unflavored milk Lunch <i>Tuscan Grilled Cheese</i> Cottage Cheese Mixed Vegetables Pears 1% unflavored milk Snack Cantaloupe 1% unflavored milk</p>	<p>19 Breakfast WGR English Muffins with Peanut Butter Mixed Berries 1% unflavored milk Lunch Homemade Chicken Nuggets WGR Roll Garden Party (tossed salad) Watermelon 1% unflavored milk Snack Fresh Veggies & Creamy Dip Honey Dew</p>
<p>22 Breakfast Cold Cereal Low Fat Yogurt Mandarin Oranges 1% unflavored milk Lunch Ham It Up WGR Pita Celery Sticks Strawberries 1% unflavored milk Snack Cottage Cheese Apple Slices</p>	<p>23 Breakfast WGR Toast Burst of Blueberries 1% unflavored milk Lunch <i>Beef Taco Pie</i> (beef, veggies, WGR tortilla) Cantaloupe 1% unflavored milk Snack Snap Peas Wheat Thins</p>	<p>24 Breakfast <i>Banana Bread Squares</i> Pears 1% unflavored milk Lunch <i>Chic' Penne</i> Cheddar Cheese Chunks Brussel Sprouts Watermelon 1% unflavored milk Snack Veggiewiches (cucumber slices with ham and cheese in between) 1% unflavored milk</p>	<p>25 Breakfast Breakfast WGR Wrap, with Peanut Butter, Bananas and Blueberries (make your own) 1% unflavored milk Lunch <i>Turkey and Noodles</i> WGR Roll Strawberry Spinach Salad Mangos 1% unflavored milk Snack WGR Goldfish Veggie Plate</p>	<p>26 Breakfast <i>WGR Pancakes</i> Applesauce 1% unflavored milk Lunch Egg Salad on WGR Crackers Broccoli Honey Dew 1% unflavored milk Snack Tootie Fruitie Salad Rice Cakes</p>
<p>29 Breakfast Cold Cereal Burst of Blueberries 1% unflavored milk Lunch Peanut Butter & Jelly on WGR Cheddar Cheese Carrot Sticks Perfect Pineapple 1% unflavored milk Snack WGR Crackers, 1% unfl. milk</p>	<p>30 Breakfast WGR Bagel Applesauce 1% unflavored milk Lunch <i>Chicken Alfredo with a Twist</i> Green Beans Cantaloupe 1% unflavored milk Snack Graham Cracker Yogurt</p>	<p>Menu Subject to Change WGR=Whole Grain Rich</p>	<p>This institution is an equal opportunity provider.</p>	

Dairy



WIC APPROVED ACTIVITY

Today your child learned about dairy 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.

- Dairy provides many health benefits like building and maintaining strong bones.
- Kids that are 2 years old and up can drink 1% and skim milk.
- Some children may prefer milk to other foods and fill up on it. Be sure they get enough, but not too much!

Easy No-Bake Mac and Cheese Recipe

Ingredients

- 2 cups macaroni, whole-wheat, uncooked
- 1 ½ cups milk (1% or skim)
- 2 tablespoons flour
- Dash black pepper
- 2 cups Cheddar cheese, low fat, sharp, shredded

Directions

1. Follow package directions to cook macaroni.
2. Using a fork, blend flour and milk in a small mixing bowl until flour can no longer be seen and there are no lumps.
3. Heat milk and flour mixture in a saucepan over medium heat, stirring constantly until it begins to bubble and thicken.
4. Reduce heat to low and add pepper and shredded cheese.
5. Stir until cheese melts. Remove from heat.
6. Stir cheese sauce and cooked macaroni together until blended. Enjoy!