



# UCHRA Van Buren County Head Start Newsletter "Hand in hand together we can"



## September

This year is off to a great start! We hope you are as excited as we are to begin this journey towards school readiness with you and your child. With only the first few weeks behind us, we have already had several new experiences: meeting/making new friends, learning about safety, a visit from the Lions Club to check our vision, visit from Mr. Eddie Beard and Zachary Fletcher to speak with the children about fire safety, visit from the Agricultural Department to speak with the children about hand washing and its importance to keep our hands free of germs plus so much more... and there is much more to come! Remember to check the classroom calendar attached to this newsletter for current themes in the classroom and upcoming activities/events. Also, the calendar can be located on the [vanburenheadstart.com](http://vanburenheadstart.com) webpage.

### ATTENDANCE

#### Hours of Service

- All children should arrive at the center between the hours of 7:00 a.m. & 7:30 a.m.
- Children should leave the center by 2:00 p.m. no later than 2:30 p.m.
- Parents who will be late picking up their child, or need to make any changes to their bus route should call the center no later than 12:00 p.m.
- Children will not be allowed into the classroom before their scheduled time.

### Perfect Attendance

Your child's name is placed in a drawing every month that they receive perfect attendance. At the end of the year your child will have up to NINE chances to win a NEW BIKE!



### Perfect Attendance

#### August

- Rylee E.
- Adrien
- Mayah
- Aiden
- Kurtis
- Palynn
- Madalynn
- Emily
- Hunter
- Wyatt
- Milly
- Edyn
- Matthew
- Keegan
- Skyler
- Brittany
- Ryan
- Hope



#### July

- Lorie
- Amya
- Edyn
- Emily
- David Allen
- August
- Nehemiah
- Wyatt
- Charles

Van Buren County Head Start!

If you are currently not a Facebook member please sign up. Some of the benefits include: photo galleries, special news and updates, plus the ability to connect and chat on line with other people who share your interest.



**Reminder:**

If you bring your child to school remember to not arrive early because a long wait for class to start can increase stress.

Leave cheerfully. Don't linger. Your presence may distract your child from the new and exciting world.

Keep a positive attitude. If you look forward to the day, your child will probably do the same.

Discuss any fears. It's natural for children to have some fears about school. Try to encourage discussion.

Let your child talk to you about his or her fears and feelings.

Be reassuring. Tell your child that everything will be all right. Do all you can to help your child feel happy and confident about school.

**Upcoming Events for September**

No School Labor Day

Friday, September 1st & Monday, September 4th

Van Buren County Sheriff Department Visit

Drug Awareness

Tuesday, September 12th

Nutrition w/Ag Ext. Office

Wednesday, September 13th

Fall Pictures

Tuesday, September 19th

On Site Visit of Nurse

Wednesday, September 20th

Field Trip to Fall Creek Falls VFD/

Fall Creek Falls State Park

Thursday, September 21st

Birthday Recognition

Thursday, September 28th

# Reading News



The more children enjoy reading, the more they'll read.  
We've got 5 tips to help foster your child's love of reading.

## **1. Keep reading experiences active and engaging**

Keep in mind that just reading more is not enough. Research has shown that the type of reading matters. The more engaging and active the reading experience, the more it benefits the child. Try this:

Make story books come to life by giving characters different voices and adding drama to the narration. This helps children realize that beneath the surface of the text, there is a great story filled with imagination.

Help your child interact with the reading material. Ask questions (What do you think the king will do next? Which planet is closest to the sun?). Think aloud (I wonder why the baby bunny felt afraid? That starfish reminds me of the one we saw on our trip to the beach.).

Encourage your child to interrupt you if there is an unfamiliar word. Have your child demonstrate their understanding of the text by pointing to illustrations (Can you point to the bear that looks tired? Where is the bird's nest?).

## **2. Build on your child's passions, questions and preferences**

Studies show that when children are excited about a topic, they will keep reading. Even the most active children can get lost in a book—or a website, or an adventure-packed comic book that matches their passions and preferences.

Children's librarians and bookstore owners are precious allies, but there are online resources as well, including the Children's Choice Booklists published each year by the International Reading Association.

## **3. Make reading a social experience**

Research suggests that children who choose to read for fun see themselves as part of a community with other readers—discussing what they're reading, making recommendations, even debating the value of an author's intended message.

This can start with a chat over something you've read aloud with your child (older children benefit from read aloud experiences just as much as the younger ones). And if other readers are not at home, you can seek out book clubs in local libraries or book stores, or encourage your child to connect less formally with friends or cousins after school or via email.

## **4. Teach your child the "Five-Finger Test"**

The "Five-Finger Test" helps children find books at the right level. Studies show that children are more motivated to read when they feel successful and can approach books with confidence. If your child is choosing books that are too difficult, encourage them to do the following: Read one page of the book. If there are more than five unknown words, choose a different book.

## **5. Be a reading role model**

As children observe their parents reading books, emails, magazines and webpages, they are developing their first understandings of how reading-related activities can provide entertainment and fun, help people communicate and connect, and teach us something new. (Article courtesy of [www.leapfrog.com](http://www.leapfrog.com) )

# Safety & Health News

## Class Room Limits (Rules)

We wish to instill an ability within the children to self-regulate, therefore we use the terminology Limits instead of Rules. The general Limits of the Classroom and center are as follows:

- Listening ears
- Kind Hands, Feet, & Bodies
- Inside Voices
- Walking Feet

We urge you to consistently use the above limits in your home and while dropping off and picking up your children as well, in a scaffolding effort to further instill the abilities of the child to self-regulate.

## **An Easy way to stay HEALTHY is by washing your hands!**

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

### How should you wash your hands?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.



### What should you do if you don't have soap and clean, running water?

Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do **not** eliminate all types of germs.

Hand sanitizers are not as effective when hands are visibly dirty or greasy.

#### How do you use hand sanitizers?

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.



# Early Years

WORKING TOGETHER FOR A GREAT START

September 2017



Compliments of  
UCHRA Van Buren County Head Start

## KID BITS

### Stay informed

Be sure you don't miss out on information from your child's school. Have him show you what's in his backpack each day, and sign up for class or school email lists. If you use an electronic calendar, visit your school website to learn whether you can link to it so important dates are filled in automatically.

### Time to relax

Put relaxation on your family's agenda! Each day, set aside 15–30 minutes for an activity that helps everyone unwind. You might find time right after work or on weekend mornings. Together, look at family photos, blow bubbles, or lie on a blanket in the yard and watch the clouds, for example.

### DID YOU KNOW?

Little ones often need extra time to think about what they want to say and to put it into words. During conversations, wait and let your youngster speak for herself. Your patience will help her become a confident speaker—and show her how to be a good listener, too.

### Worth quoting

"The beautiful thing about learning is that no one can take it away from you." *B.B. King*

### Just for fun

**Q:** What can you add to a bucket of water to make it lighter?

**A:** Holes!



## I'm a student!

Your child has an exciting job—she's a student! Encourage her to embrace her "big kid" role by talking about what successful students do.

### I follow routines

From circle time to story time to music class, your youngster's school day is full of fun activities. She can get used to her new routine by making a book about it. Suggest that she draw a picture of each activity (circle time, recess, math) on a separate sheet of paper. Help her write (or let her dictate) captions, such as "We go to the cafeteria for lunch." Staple the pages together, and read her book with her.

### I learn something every day

Invite your child to share her new knowledge with you. Reserve a special spot on a bulletin board or the refrigerator to post projects and papers she's proud of. Then, ask questions about what she's learning. *Example:* "I see you



drew squares and triangles. How are the two shapes different? How are they the same?"

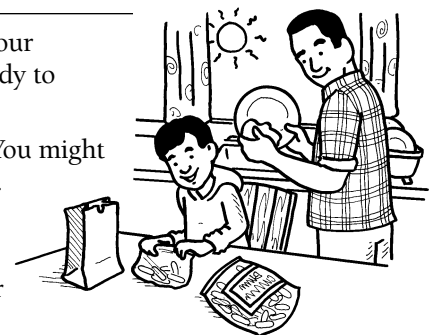
### I work with others

Your youngster is part of an important community—her classroom. Play school at home so she can practice working alongside others. Have her create a "learning center" like one in her classroom, and use it together. The two of you could sort and count toy cars in a "math station" or stir together oil and water in a "science lab." ♥

## Sunny starts

Starting the day on a positive note lets your youngster head off to school happy and ready to learn. Try these ideas for upbeat mornings:

- Use humor to get your child out of bed. You might sing a silly song or tell a knock-knock joke.
- Give each family member a job to make getting ready a smooth operation. You can wash breakfast dishes while your youngster packs snacks.
- Before you leave the house, hold a "morning huddle." Tell your child what to expect after school, such as who will pick him up or what's for dinner. Then, exchange hugs and an "I love you." ♥



# Zippering toward independence

It's fun for kids to learn to button, zip, and tie. Here are strategies that will make your youngster more independent at home and in school.

**Buttons.** Use stickers to show your child which button goes with which hole in his shirt. Place one sticker next to each button, and put a matching one beside the hole where it belongs. Your youngster can remove the stickers as he fastens each button.



**Zippers.** To help your child zip his jacket, teach him to say, “1, 2, 3, zip!” On 1, he moves the zipper pull to the bottom of the jacket. On 2, he inserts one side into the other. On 3, he grabs the zipper pull and zips it up!

**Shoelaces.** Bulkier laces offer a better grip for your youngster's little fingers. Consider replacing thin shoelaces with

thicker ones or swapping out flat laces for rounded ones. *Tip:* Let him try tying the laces when his shoes are off, or have him tie *your* shoes.♥

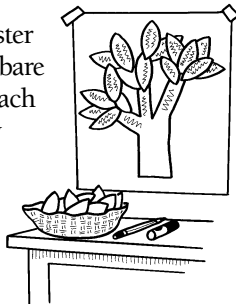


## ACTIVITY CORNER

### Plant a kindness tree

Does kindness grow on trees? It does when your family tries this activity that encourages your child to be kind to others.

Help your youngster draw a big tree with bare branches and label each branch with a family member's name. Hang her tree where everyone can see it. Next, have her cut leaves from colored paper and place them in a bowl near the tree along with a pencil and a glue stick.



Whenever someone notices a family member being kind, select a leaf, write about or draw a picture of the kind act, and glue the leaf to that person's branch. *Examples:* “Tony picked up my toys” or “Mommy held the door for a lady pushing a stroller.” At the end of the week, read all the leaves aloud, and “plant” a new tree for next week.♥

### OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

Resources for Educators, a division of CCH Incorporated  
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## Q & A

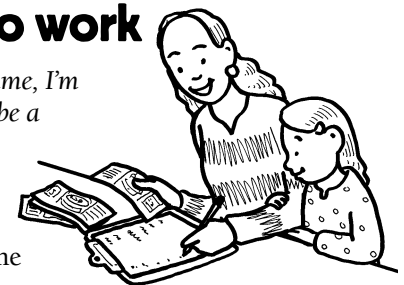
### Back to school, back to work

**Q:** Now that my daughter is in school full time, I'm working days instead of nights. How can I be a part of her school?

**A:** There are plenty of ways for working parents to be involved. Talk to your daughter's teacher about how you can volunteer from home or at after-school events.

Maybe the teacher needs someone to repair torn pages in books or to collect and count food package labels for a manufacturer's reward program. Or perhaps you could hand out programs before the school musical or type and photocopy an announcement about a class party.

If your workplace would make an interesting field trip, ask your employer about the possibility of having the class visit. Little ones will enjoy seeing how newspapers are printed or going behind the scenes at a restaurant, for instance.♥



## PARENT TO PARENT

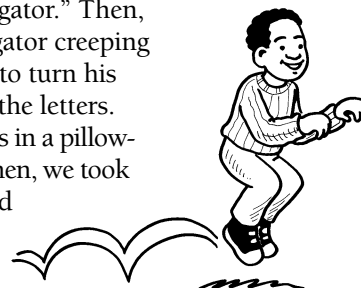
### A is for...

When my son Mark started learning his ABCs, he accidentally invented an alphabet game for us. He was playing with his magnetic letters on the refrigerator and said, “A is for alligator.” Then, he pretended to be an alligator creeping across the floor. I decided to turn his idea into a game using all the letters.

I had Mark put his letters in a pillowcase and shake them up. Then, we took turns pulling out a letter and acting out something that started with it. The other person had to guess the

letter. Mark hopped like a bunny for B, and I painted with an imaginary brush when I got P. The letter X was tough, so we worked together on that one—we decided to be pirates searching for treasure because “X marks the spot!”

The “act it out” game is still one of Mark's favorites, and it has been a great way for him to have fun with—and learn—letters and their sounds.♥



# Early Years

TRABAJANDO JUNTOS PARA UN GRAN COMIENZO

Septiembre de 2017



Compliments of  
UCHRA Van Buren County Head Start

## NOTAS BREVES

### Sigan informados

No se pierdan ninguna información que llegue de la escuela de su hijo. Procuren que les enseñe lo que lleva cada día en la mochila y apúntense en las listas de correos electrónicos de las clases o de la escuela. Si usan un calendario electrónico, visiten el sitio web de su escuela para enterarse de si pueden conectarlo con su calendario de forma que se rellenen automáticamente las fechas importantes.

### Tiempo para relajarse

¡Pongan la relajación en la agenda de su familia! Dedicuen cada día de 15 a 30 minutos a una actividad que ayude a que todos descansen. Podrían encontrar un rato después del trabajo o en las mañanas del fin de semana. Miren juntos fotos familiares, hagan burbujas o tiéndanse en una manta en el jardín y contemplen las nubes, por ejemplo.

### ¿SABIA USTED?

Los pequeños suelen necesitar algo más de tiempo para pensar qué quieren decir y para expresarlo con palabras. Durante sus conversaciones, espere y deje que su pequeña se exprese por sí misma. Su paciencia la ayudará a hablar con confianza y le enseñará así mismo a escuchar bien.

### Vale la pena citar

“Lo hermoso de aprender es que nadie te lo puede quitar”. *B.B. King*

### Simplemente cómico

**P:** ¿Qué puedes añadir a un cubo de agua para que pese menos?

**R:** ¡Agujeros!



## ¡Soy estudiante!

Su hija tiene un empleo emocionante: ¡es estudiante! Anímela a que interiorice su papel de “niña mayor” hablando con ella de lo que hace una estudiante capaz.

### Sigo hábitos fijos

Desde la hora del corro hasta la hora de cuentos y la clase de música, la jornada escolar de su pequeña está repleta de amenas actividades. Su hija puede acostumbrarse a sus nuevos hábitos haciendo un libro sobre ellos. Sugíerale que dibuje cada actividad (la hora del corro, el recreo, matemáticas) en un folio de papel. Ayúdela a escribir pies para sus dibujos (o que se los dicte a usted) como “Almorzamos en el comedor escolar”. Grapen las páginas y lea el libro con ella.

### Aprendo algo cada día

Invite a su hija a que comparta con usted sus conocimientos. Reserve un lugar especial en un tablón de anuncios o en la nevera para colocar proyectos y trabajos de los que su hija se sienta orgullosa. Hágale luego preguntas sobre lo que está aprendiendo.

## Comienzos soleados

Empezar el día de forma positiva permite que su hijo se vaya al colegio feliz y listo para aprender. Ponga en práctica estas ideas para mañanas alegres:

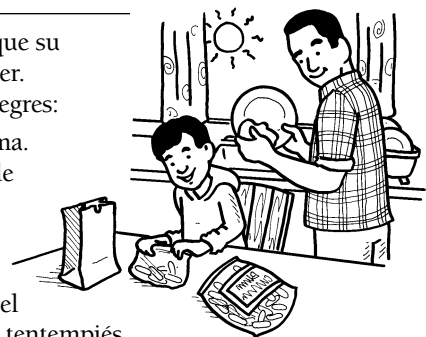
- Usen el humor para sacar a su hijo de la cama. Podría cantarle una canción absurda o contarle un chiste de niños.
- Dele a cada miembro de su familia una tarea para que prepararse sea una operación sin sobresaltos. Usted puede lavar los platos del desayuno mientras que su hijo empaqueta los tentempiés.
- Antes de salir para el colegio, hagan una “piña matutina”. Dígame a su hijo qué le espera después de la escuela, por ejemplo quién irá a recogerlo o qué hay de cena. Luego abrázense y díganse “Te quiero”.♥



*Ejemplo:* “Veo que has dibujado cuadrados y triángulos. ¿En qué se diferencian esas dos formas? ¿En qué son iguales?”

### Trabajo con los demás

Su hija forma parte de una importante comunidad: el aula de clase. Jueguen en casa a las escuelas para que practique la habilidad de trabajar junto con otras personas. Dígame que cree un “centro de aprendizaje” como el de su aula y úselo con ella. Las dos pueden organizar y contar carritos de juguete en una “estación de matemáticas” o mezclar aceite y agua en un “laboratorio de ciencias”.♥



# Las cremalleras y la independencia

A los niños les divierte aprender a abotonar, subir cremalleras y anudar. He aquí estrategias que harán a su hijo más independiente en casa y en la escuela.

**Botones.** Use pegatinas para enseñarle a su hijo qué botón va con cada ojal en su camisa. Coloque una pegatina junto a cada botón y ponga una igual junto al ojal que le corresponde. Su hijo puede retirar las pegatinas al abrochar cada botón.



**Cremalleras.** Para ayudar a su hijo a subirse la cremallera, enséñele a decir “¡1, 2, 3, ya!” En 1, mueve el tirador de la cremallera a la parte inferior de su abrigo. En 2, inserta un lado en el otro. En 3, agarra el tirador de la cremallera ¡y tira hacia arriba!

**Cordones de los zapatos.** Los deditos de su pequeño agarran con más facilidad los cordones gruesos. Plan- téese sustituir los cordones

finos por otros más gruesos o cambiar los cordones planos por otros redondos. *Consejo:* Procure que su hijo anude los cordones sin ponerse los zapatos o dígame que le anude a usted los suyos. ♥

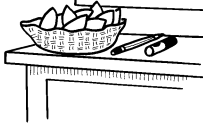
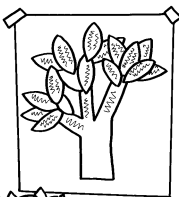
## RINCÓN DE ACTIVIDAD



# Plantar un árbol de amabilidad

¿La amabilidad crece en los árboles? Lo hará cuando su familia haga esta actividad que anima a su hija a ser amable con los demás.

Ayude a su hija a dibujar un árbol grande con ramas desnudas y rotulen cada rama con el nombre de un miembro de su familia. Cuelguen el árbol donde todos puedan verlo.



A continuación recorten hojas de papel de colores y colóquenlas en un cuenco cerca del árbol con un lápiz y una barra de pegamento.

Cuando alguien vea que un familiar es amable, seleccionen una hoja, describan o dibujen el acto amable y peguen la hoja a la rama de esa persona. *Ejemplos:* “Tony recogió mis juguetes” o “Mamá abrió la puerta para una señora que empujaba un carrito de niños”. Al final de la semana, lean todas las hojas en voz alta y “planten” un nuevo árbol para la semana siguiente. ♥

## NUESTRA FINALIDAD

Proporcionar a los padres ideas prácticas que promuevan el éxito escolar, la participación de los padres y un mejor entendimiento entre padres e hijos.

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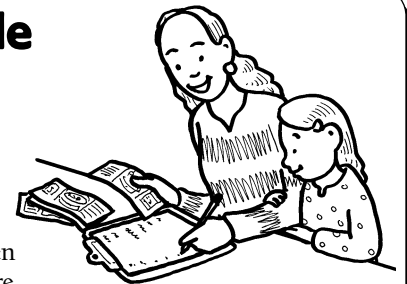
# De vuelta al colegio, de vuelta al trabajo

**P:** Ahora que mi hija va todo el día al colegio, yo trabajo por el día en lugar de por la noche. ¿Cómo puedo colaborar con su escuela?

**R:** Hay muchas formas de que los padres participen en la escuela. Hable con la maestra de su hija sobre cómo puede colaborar desde su hogar o en los eventos de después del colegio.

Quizá la maestra necesite que alguien repare las hojas rasgadas de los libros o que recojan y cuenten las etiquetas de los paquetes de alimentos para un programa de recompensas de un fabricante. Tal vez usted pueda repartir programas antes del musical del colegio o escribir y fotocopiar el anuncio de la fiesta de la clase.

Si el lugar donde usted trabaja es interesante como destino de una excursión, pregunte en su empresa si es posible que la clase de su hija lo visite. Los pequeños disfrutarán viendo cómo se imprimen los periódicos o yendo a las cocinas de un restaurante, por ejemplo. ♥



# DE PADRE A PADRE A es para...

Cuando mi hijo Mark empezó a aprender el abecedario se inventó por casualidad un juego del abecedario para todos nosotros. Estaba jugando con las letras imantadas en la nevera y dijo “A es para aligátor”. A continuación, hizo como que era un aligátor deslizándose por el suelo. Yo me animé a convertir su idea en un juego usando todas las letras.

Le dije a Mark que pusiera sus letras en un almohadón y que las agitara. A continuación sacamos por turnos una letra y representamos algo que empezara con ella. La

otra persona tenía que adivinar la letra. Mark saltó como un conejito para la C y yo pinté con un pincel imaginario cuando saqué la P. La letra X era difícil así que juntos decidimos que éramos piratas en busca de un tesoro ¡porque “la X señala el lugar”!

El juego de “las representaciones” sigue siendo uno de los favoritos de Mark y ha sido una forma estupenda de que se divierta—y aprenda—con las letras y con sus sonidos. ♥





UCHRA Van Buen Head Start Menus 2017-2018

Week 1 of 5	Monday 9/4	Tuesday 9/5	Wednesday 9/6	Thursday 9/7	Friday 9/8
<b>Meal Pattern</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c		Tomato Slices (A,C)	Cooked Apple Slices (C)	Banana Slices	Orange Wedges (C)
Bread/Alternate		WW Biscuits	Cream of Wheat	Rice Krispies Cereal	Toasted English Muffin
Other/Notes		Gravy			Jelly
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz		Turkey	Fish Fillet (I)	Ground Beef Chili with Beans	CN Label Pepporoni Cheese Pizza
		Mashed Potatoes	Raw Broccoli (A, C)	(Tomatoes (A,C) and Beans in Chili)	Green Beans
Vegetable 1/4 c		Green Peas	Tropical Fruit Cocktail	Diced Pears	Corn
Fruit 1/4 c (Vegies can replace fruits)					
Bread/Alternate		WW Bread	WW Roll	WW Crackers	(Crust)
Other/Notes		Turkey Gravy *Serve as Open Face Sandwich-Let child assemble	Ketchup, Ranch	Sharp Shredded Cheese	
Snack (2 of 4 components)	Snack		Snack	Snack	Snack
Milk 1/2 c					
Fruit/Vegetable/Juice 1/2 c		Applesauce	Tomato Sauce(A,C)	Diced Apricots (A)	Orange Juice
Bread/Alternate		Grahams	Bosco Slick-(Cheese & Bread)	Animal Crackers	Vanilla Wafers
Meat/Alternate 1/2 oz					
Other/Notes		Water	Water	Water	
<b>Week 2 of 5</b>	<b>Monday 9/11</b>	<b>Tuesday 9/12</b>	<b>Wednesday 9/13</b>	<b>Thursday 9/14</b>	<b>Friday 9/15</b>
<b>Meal Pattern</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Cooked Apple Slices (C)	Diced Peaches (C)	Banana Slices	Strawberries Slices (C)	Orange Wedges (C)
Bread/Alternate	WW Biscuit	WW Pancakes	Multi-Grain Cheerios Cereal	Oatmeal	WW Toast
Other/Notes		Syrup			American Cheese *Serve as Cheese Toast
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	Beef patty	Fish Fillet (I)	CN Pepporoni & Cheese Pizza	CN Chicken Patty (I)	CN Beef Ravioli (Tomato Sauce- (A,C))
Vegetable 1/4 c	Baked Curly Fries	Raw Broccoli (A,C)	Tossed Salad : Romaine Lettuce & Spinach mix/Shredded Carrots/Diced Tomato	Green Peas (A, C)	Green Beans
Fruit 1/4 c (Vegies can replace fruits)	Romaine Lettuce/Spinach mix & Tomato Slices (A,C)	Tropical Fruit Cocktail	Corn	Diced Apricots(A)	Diced Pears
Bread/Alternate	WW Bun	Cornbread Muffin	(Pizza crust)	WW Rolls	(Ravioli pasta)
Other/Notes	Ketchup, Mustard, Mayo *Serve as Burger-Let child assemble	Ketchup,Ranch	Ranch	Ketchup	
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c			Milk		
Fruit/Vegetable/Juice 1/2 c		Applesauce		Diced Pears	
Bread/Alternate	WW Toast	Graham crackers	Blueberry Muffin		Vanilla Wafers
Meat/Alternate 1/2 oz	American Cheese			Shredded Sharp Cheese	Yogurt
Other/Notes	Water *Served as Cheese Toast	Water		Water	water
<b>Week 3 of 5</b>	<b>Monday 9/18</b>	<b>Tuesday 9/19</b>	<b>Wednesday 9/20</b>	<b>Thursday 9/21</b>	<b>Friday 9/22</b>
<b>Meal Pattern</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Diced Peaches (C)	Banana Slices	Orange Wedges (C)	Blueberries	Cooked Apple Slices (C)
Bread/Alternate	WW Cream of Wheat	Rice Krispies Cereal	WW Toast	Oatmeal	WW Biscuit
Other/Notes			American Cheese *Serve as Cheese Toast		
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch (Culture Food)</b>	<b>Lunch</b>
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	CN Chicken Patty (I)	Pinto Beans(I)	Hamburger Steak	Ground Beef	CN Pepporoni & Cheese Pizza
Vegetable 1/4 c	Baked Curly Fries	Turnip Greens (A,C)	Diced Potatoes	@Cabbage Stew	Green Beans
Fruit 1/4 c (Vegies can replace fruits)	Romaine Lettuce/Spinach mix & Tomato Slices (A,C)	Corn	Green Peas	Tropical Fruit	Diced Peaches (C)
Bread/Alternate	WW Bun	Cornbread Muffin	WW Loaf Bread	WW Roll	(Pizza crust)
Other/Notes	Ketchup, Mustard, Mayo *Serve as Sandwich-Let child assemble	Mustard	Cooked Sweet Peppers & Onions	Serve as @Ground Beef & Cabbage Stew- Russian Culture	
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c	Milk				
Fruit/Vegetable/Juice 1/2 c			Tomato Sauce(A,C)		Orange Juice
Bread/Alternate	Blueberry Muffin	WW Crackers	Bosco Slick-(Cheese & Bread)	Vanilla Wafers	Graham crackers
Meat/Alternate 1/2 oz		Boiled Egg- halved		Yogurt	
Other/Notes		water	water	water	
<b>Week 4 of 5</b>	<b>Monday 9/25</b>	<b>Tuesday 9/26</b>	<b>Wednesday 9/27</b>	<b>Thursday 9/28</b>	<b>Friday 9/29</b>
<b>Meal Pattern</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Orange Wedges (C)	Applesauce (C) with Cinnamon	Banana	Strawberry slices	Cooked Apple Slices (C)
Bread/Alternate	Toasted English Muffin	WW French Toast	Rice Krispies Cereal	WW Cream of Wheat	WW Biscuit
Other/Notes	Jelly				
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	Ground Beef Chili Wwith Beans	Turkey & Cheese	Pork Chop	Ground Beef	American Cheese
Vegetable 1/4 c	(Tomatoes (A,C) and Beans in chili)	Romaine Lettuce/Spinach mix, Tomato Slices (A,C)	Lima Beans	Romaine Lettuce & Spinach mix/ Shredded Carrots/Diced Tomato	@Vegetable Soup
Fruit 1/4 c (Vegies can replace fruits)	Diced Pears	Pineapple Tidbits (C)	Beets	Tropical Fruit	Pineapple Tidbits (C)
Bread/Alternate	WW Crackers	WW Bun	WW Roll	WW Tortiallas	WW Bread
Other/Notes	Shredded Sharp Cheese	Ketchup, Mustard, Mayo		Shredded Sharp Cheese, Salsa	WW Crackers
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c					
Fruit/Vegetable/Juice 1/2 c	Diced Apricots (A)	Pineapple Tidbits (A,C)		Tomato Juice	
Bread/Alternate	Animal Crackers	1/2 WW Bagel	WW Crackers	Bosco Slick (Cheese & Bread)	Graham Crackers
Meat/Alternate 1/2 oz			American Cheese Slices		
Other/Notes	Water	Cream Cheese	Water		
<b>Week 5 of 5</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Meal Pattern</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Tomatoe Slices (A, C)	Diced Strawberries & Blueberries	Banana Slices	Cooked Apple Slices (C)	Orange Wedges (C)
Bread/Alternate	WW Biscuits	Oatmeal	WW Pancakes	Cream of Wheat	Toasted Loaf Bread
Other/Notes	Gravy		Syrup		Cheese Serve as Cheese Toast
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	Turkey	@Ground Beef Meat Sauce	Sausage, Egg, & Cheese Burrito	@White Beans with Ham Chunks	Fish Fillet (I)
Vegetable 1/4 c	Mashed Potatoes	Green Beans	Baked Hashbrown	@ Cole Slaw	Raw Broccoli (A, C)
Fruit 1/4 c (Vegies can replace fruits)	Green Peas	Diced Pears	Orange Wedges (C)	Tomato Slices (A, C)	Tropical Fruit
Bread/Alternate	WW Bread	WW Spaghetti noodles	Burrito Wrap	Cornbread Muffin	WW Roll
Other/Notes	Serve as Open Face Sandwich -Let Child assemble	Parmesean Cheese Serve as @Spaghetti	Ketchup, Salsa		Ketchup, Ranch
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c			1% Milk		
Fruit/Vegetable/Juice 1/2 c	Applesauce	Tomatoe Juice		Pineapple Tidbits	
Bread/Alternate	Grahams		Multi-Grain Cheerios Cereal	1/2 WW Bagel	Vanilla Wafers
Meat/Alternate 1/2 oz		Monzerella Cheese Slick		Cream Cheese	Yogurt
Other/Notes					Water

+ Recipe in recipe book      WW=Whole Wheat or Whole Grain      (I)=High Source of Iron, (A)=High Source of Vitamin A, (C)=High Source of Vitamin C, CN=Child Nutrition Label  
 Note: All Head Start foods will need to be cut to the appropriate size for each child's developmental level by the teacher.  
 Substitutions will be made in accordance with individually identified needs.